'TOP' SECRETS: Chef Carla Hall on cooking light and craving veggies | **Inside**

express

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Tuesday

AP

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ENTERTAINMENT

Hope to Hop: With celebs like *Jewel* nursing injuries, "Dancing With the Stars" is the toughest contest on TV. Plus, actor Ron Silver is remembered.

>> 13-17

Austrian Man Confesses to Years of Incest

HELMUT FOHRINGER/AP

DAY OF RECKONING: Austrian Josef Fritzl covers his face as he is led into a courtroom in St. Poelten, Austria, on Thursday. Fritzl, who fathered seven children with his daughter, admitted incest but denied enslaving his daughter and killing her 2-day-old son. ✤ **'Very difficult':** Fritzl describes childhood | **Page 7**

Obama Slams AIG 'Outrage'

President seeks to block the payment of $165M in bonuses

WASHINGTON | Joining a wave of public anger, President Obama blistered insurance giant American International Group for "recklessness and greed" Monday and pledged to try to block it from handing its executives $165 million in bonuses after taking billions in federal bailout money.

"How do they justify this outrage to the taxpayers who are keeping the company afloat?" Obama asked. "This isn't just a matter of dollars and cents. It's about our fundamental values."

He said he has directed Treasury Secretary Timothy Geithner to "pursue every legal avenue to block these bonuses and make the American taxpayer whole."

The bonuses could contribute to a backlash against Washington that would make it tougher for Obama to ask Congress for more bailout help — and jeopardize other parts of the recovery agenda that is dominating the start of his presidency.

Bailout steps for AIG totaling over $170 billion since September have effectively left the federal government with an 80 percent stake in the faltering insurance giant.

Obama's comments came on the same day a new poll showed slippage in his approval rating. The poll by the Pew Research Center showed it dropped from 64 percent in February to 59 percent this month amid divisions of opinions over his economic proposals and what the pollsters said was a growing perception that the president is listening more to his party's liberals than to its moderates. TOM RAUM (AP)

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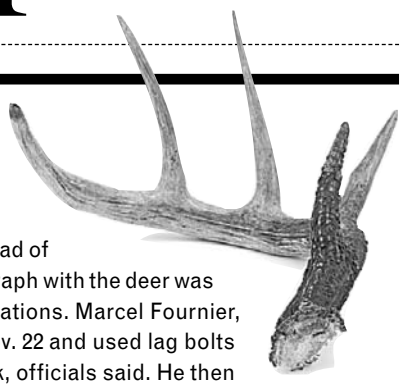
eyeOpeners

LYRICS

Doe, a Female Deer Man, a Giant Idiot



A man who bolted antlers to the head of a dead doe and posed for a photograph with the deer was fined $400 and jailed for game violations. Marcel Fournier, 19, shot the deer the evening of Nov. 22 and used lag bolts and epoxy to attach a 10-point rack, officials said. He then checked in the kill as lawful game at Barnie's Market. It's illegal to kill an antlerless deer, and it's also illegal to hunt at night. The Concord, Vt., resident admitted to the killing and led a game warden to the deer's remains after an anonymous caller alerted authorities. Fournier said he had "quite a time" drilling and fastening the antlers, authorities said. (AP)

TARDINESS

E-Mail Outages Are Put in Perspective

A woman's postcard bearing greetings from Montana has finally arrived in Hudson, Ohio — 47 years late. Dave Conn opened his post office box last week and found the postcard sent from Helena, Mont., in 1962. It was sent to Marion White, the previous renter of the box, who died in 1988. The writer signed the postcard "Fran." After asking around, Conn says he determined the card must have come from White's friend Frances Murphey, a longtime reporter at the Akron Beacon Journal. She died in 1998 at age 75. (AP)

MARIO TAMA/GETTY IMAGES

EXCESS

Binge Eating

If you thought chugging alcoholic beverages was the only way to honor St. Patrick, guess again. On Monday, competitive eaters in New York City geared up for the big day by participating in the first-ever Stroehmann Sandwich Slamm. The rules: Participants have 10 minutes to eat as many corned-beef and rye sandwiches as they can. Joey Chesnut and Juliet Lee, pictured, tried their darndest, but it was Pat Bertolli who took home the bacon by eating 16 3/4 sandwiches. (EXPRESS)

CONFUSION

Injury Added to Insult

Police said a man in Malaysia shot his neighbor as she picked sapodilla fruit in his tree, thinking she was a monkey. A police chief in eastern Pahang state, Yahaya Othman, said the woman was gathering fruit Thursday when her neighbor shot her. Yahaya said the man came home and saw rustling in the tree and fired into it. "Then there was screaming ... and only then did he know it was his neighbor." He said the woman was hospitalized but her condition was stable Friday. He said police were investigating the man for illegally discharging a firearm. (AP)

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DRESSED FOR SUCCESS: A man was arrested for impersonating a New York City firefighter after he tried to help battle a warehouse blaze. Suffern police and fire officials said he was wearing full N.Y.C. Fire Department gear, including a jacket, pants and a helmet with his name on it.

Nation

In Brief

MATT ROURKE/AP

Vincent Fumo leaves court in Philadelphia on Monday after being convicted.

PHILADELPHIA

Ex-State Senator Convicted On 130 Corruption Counts

Vincent Fumo, once one of the most powerful Democrats in Pennsylvania politics, was convicted Monday of more than 130 counts of corruption for schemes that defrauded the state Senate and others of more than $3.5 million and helped pay for his lavish lifestyle. The 65-year-old former state senator was found guilty of all 137 counts against him. Prosecutors are expected to seek a sentence of more than 10 years. (AP)

WASHINGTON

President Obama to Appear On Leno's Late-Night Show

President Obama has landed a spot on Jay Leno's late-night talk show, a chance for the president to add a light touch to his effort to get the economy on track. NBC says it will be the first time a sitting president has appeared on such a program. The White House said Obama will visit "The Tonight Show With Jay Leno" on Thursday. (AP)

White House Rebuffs S.C. Governor

Obama official: State can't pay down debts with stimulus money

COLUMBIA, S.C. | The Obama administration on Monday rejected South Carolina Gov. Mark Sanford's request to use $700 million in federal stimulus cash to pay down state debt.

White House Budget Director Peter Orszag said in a letter to the Republican that the federal stimulus law doesn't allow President Obama to make an exception for that cash. Last week, Sanford said he would reject that stimulus money if Obama wouldn't give him flexibility in spending it, but Sanford spokesman Joel Sawyer now says it's not over.

WILLIAM THOMAS CAIN/GETTY IMAGES

South Carolina Gov. Mark Sanford has been one of the Republican Party's most vocal critics of the stimulus bill, and he is fighting the spending rules that go with it.

The $787 billion stimulus legislation sets strict rules for the $53.6 billion being sent to help state budgets, Orszag wrote. It calls for 82 percent of the money to be used for public schools and colleges and 18 percent on government services.

Last week, Sanford left little doubt about how he would handle rejection of his plans use the money to pay down debt.

"If your administration determines that it is unable to grant us this flexibility, we will in turn opt not to pursue these funds," Sanford said in his letter to Obama.

Sanford, the chairman of the Republican Governors Association, has become an outspoken critic of federal stimulus efforts, spurring more talk he may make run for president in 2012. JIM DAVENPORT (AP)

Smallest Meat-Eating Dino Is Found

Cousin of velociraptor weighed 4 to 5 lbs., was size of a chicken

WASHINGTON | Imagine a vicious velociraptor like those in "Jurassic Park" but only as big as a modern chicken.

That's what Canadian researchers say they have found: the smallest meat-eating dinosaur yet discovered in North America.

This pint-sized cousin of the velociraptor, which likely weighed in at 4 to 5 pounds, "probably hunted and ate whatever it could for its size — insects, mammals, amphibians and maybe even baby dinosaurs," said Nicholas Longrich of the University of Calgary.

NICHOLAS LONGRICH/UNIVERSITY OF CALGARY/AP

This artist's rendering shows the tiny dinosaur that lived in North America.

The creature lived 75 million years ago in the swamps and forests of southern Alberta, Longrich and colleague Philip J. Currie report in Tuesday's edition of Proceedings of the National Academy of Sciences.

There has been plenty of evidence for large and medium-size dinosaurs in North America but not small ones, Longrich said in a telephone interview. Now researchers see there was a dinosaur filling that niche also.

The bones of the small raptor were discovered among fossils that had been collected a quarter-century ago and remained in a museum drawer, Longrich explained.

"It was hard to tell [that it was a dinosaur] because it was still encased in rock," Longrich said.

Previously, the smallest carnivorous dinosaurs found in North America have been about the size of a wolf. RANDOLPH E. SCHMID (AP)

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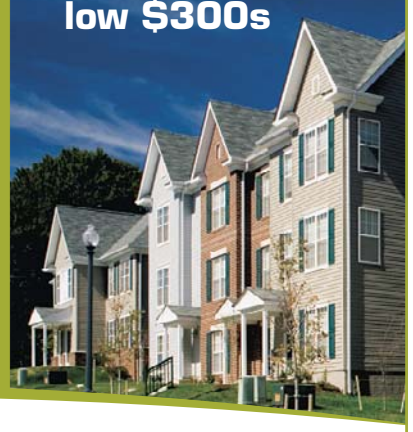

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Nation

MARK ROGERS/AP

Sheriff Paul Cunningham looks over the trustee cell area in Montague, Texas. That part of the jail was refurbished after Cunningham found it in complete disarray.

Officials: Jail Was Like a Frat House

Cell phones, drugs and sex were the norm in small Texas facility

MONTAGUE, TEXAS | For months, perhaps longer, the Montague County Jail was "Animal House" meets Mayberry.

Inside the small brick building across from the courthouse, inmates had the run of the place, having sex with their jailer girlfriends, bringing in recliners, taking drugs and chatting on cell phones supplied by friends or guards, according to authorities. They also disabled some of the surveillance cameras and made weapons out of nails.

The doors to two groups of cells didn't lock, but apparently no one tried to escape — perhaps because they had everything they needed inside. The jailhouse escapades have rocked Montague, a farming and ranching town of several hundred people.

There were whispers in the past year about an affair between a female jailer and male inmate, but folks dismissed the talk as gossip. It was not until late last month, when a Texas grand jury returned a 106-count indictment against the former sheriff and 16 others, that the scandal broke wide open.

PRISON SCANDAL

There were 106 counts in the indictment brought against ex-Montague sheriff Bill Keating and 16 others in connection with the jail's out-of-control environment.

The indictment charged Bill Keating, sheriff from 2004 until December, with official oppression and having sex with female inmates.

The new sheriff, Paul Cunningham, said he was stunned while touring the jail after being sworn in to office. He saw partitions made of paper towels that blocked jailers' view into cells and pills scattered about.

"It literally scared me — not for myself but for the employees," Cunningham said. "How somebody kept from being killed was beyond me."

ANGELA K. BROWN (AP)

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World

"Nothing traumatizing is going to happen here."

—**Mauricio Funes,** a former TV journalist who won El Salvador's presidential election Sunday to become the country's first leftist leader. His party includes former Marxist guerrillas.

In Brief

BAGHDAD

U.S. Jets Shoot Down Iranian Drone Over Iraq

U.S. jets shot down an Iranian unmanned surveillance aircraft last month over Iraqi territory about 60 miles northeast of Baghdad, the U.S. military said Monday. A U.S. statement said the Ababil 3 was tracked for about 70 minutes before U.S. jets shot it down "well inside Iraqi airspace" and that the aircraft's presence over Iraq "was not an accident." (AP)

MOGADISHU, SOMALIA

Gunmen Free 4 U.N. Workers Hours After Their Seizure

Gunmen seized four U.N. workers on their way to an airstrip in a Somali town on Monday and released them several hours later, the U.N. said. Gunmen seized the four — three international staff members and one Somali — in the southwestern town of Wajid, about 45 miles southeast of the Somali-Ethiopian border, on their way to an airstrip, the U.N. said. (AP)

Power Struggle Grips Madagascar

Soldiers seize empty presidential palace in symbolic show of force

JEROME DELAY/AP

Soldiers loyal to Madagascar's opposition leader approach the presidential palace in Antananarivo, Madagascar, on Monday.

ANTANANARIVO, MADAGASCAR | Soldiers broke into an unoccupied presidential palace Monday and took it over in a symbolic show of force after Madagascar's opposition leader called on the army to arrest the president.

Ravalomanana

President Marc Ravalomanana has been in another palace in the capital in recent days, with civilian supporters and presidential guards protecting him.

Soldiers told the president's supporters Monday to take down barriers they set up near the palace where he is staying. It was not clear whether they intended to move on him.

Ravalomanana is accused of misspending public funds and undermining democracy in Madagascar. Opposition leader Andry Rajoelina declared himself president of a transitional government over the weekend.

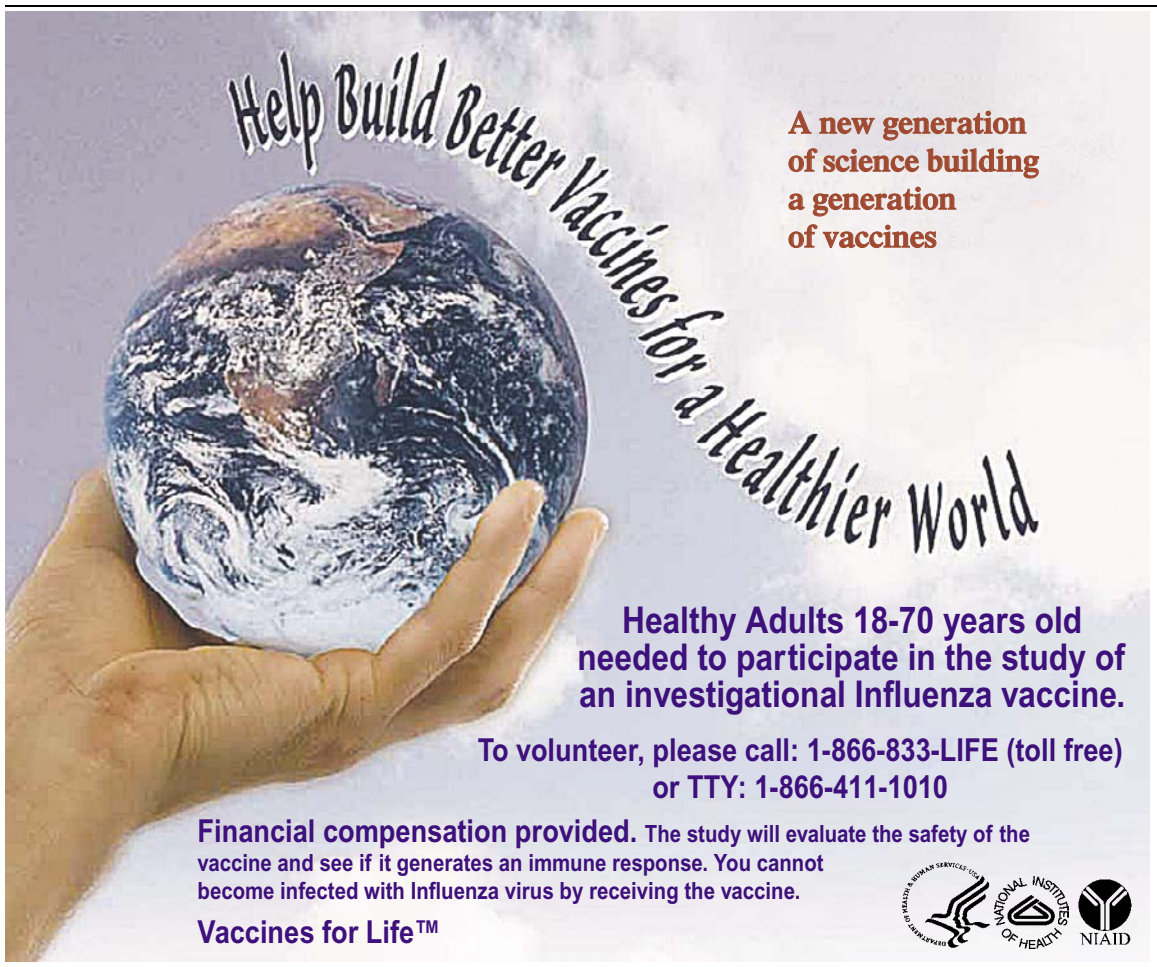
The president charges that Rajoelina is seeking power by unconstitutional means, and has said he would not surrender power. The breakaway army faction that took over the palace Monday has not explicitly backed Rajoelina but the split in the military has greatly weakened the president.

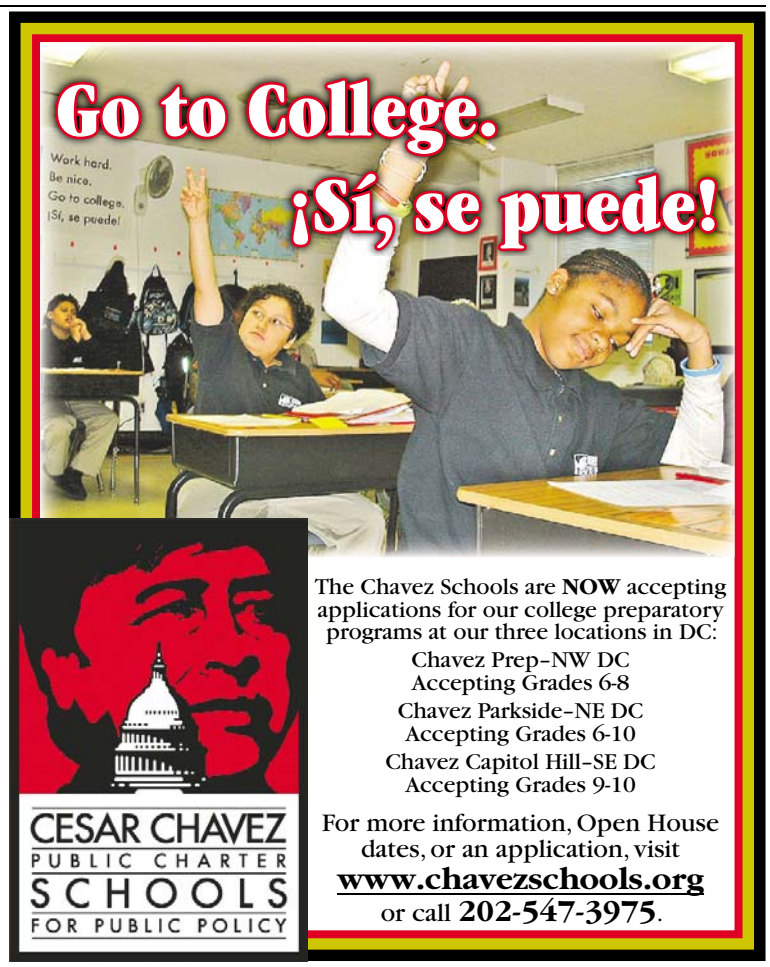
→ **Long-simmering unrest:** Tensions have risen in Madagascar since January, when the government blocked an opposition radio station's signal, triggering a military mutiny, looting and violent protests.

An Associated Press reporter watched as the soldiers drove an armored vehicle through the gates of the 19th-century mansion. The soldiers set off two explosions, fired shots and broke windows.

A colonel leading what appeared to be 90 soldiers told The Associated Press that the operation was not an attack on the president.

LOVASA RABARY-RAKOTONDRAVONY (AP)





5 **The approximate number of years** a pub owner was sentenced to prison last week for his noisy bar in Barcelona, Spain. Neighbors said they were "tortured" by booming music and other noise.

World

Fritzl Faces Austria Court

Man accused of incest says he's not guilty of murder, enslavement

ST. POELTEN, AUSTRIA | An Austrian man accused of locking his daughter in a basement for 24 years and fathering her seven children pleaded guilty to incest but insisted he was not guilty of murder and enslavement charges as his trial began Monday.

Josef Fritzl, 73, wore a mismatched suit and hid his face behind a file folder as a judge began the proceedings in St. Poelten, 40 miles west of Vienna. A verdict is possible as early as Thursday.

Fritzl pleaded guilty Monday to incest and false imprisonment, but only partially guilty to coercion and rape. He pleaded not guilty to negligent homicide and enslavement.

ROBERT JAEGER/POOL/AP

Josef Fritzl hides his face behind a file folder before his trial began Monday.

Fritzl spoke in an almost inaudible voice as he gave the judge his name and other personal details. He eventually removed the folder from his face but sat still in the dock, staring straight ahead.

His voice breaking, Fritzl briefly recalled his childhood and said life with his mother was "very difficult." When asked whether he had friends, he said simply: "No."

Authorities say Fritzl imprisoned and repeatedly raped his daughter, Elisabeth, in a windowless dungeon beneath the family's home in Amstetten. Investigators say DNA tests show he fathered her six surviving children.

Another child died in infancy, which prompted the murder charge.

VERONIKA OLEKSYN (AP)

LIFE IN PRISON

The maximum punishment for Fritzl if he is convicted of murder.

1 YEAR IN PRISON

The maximum punishment for Fritzl if he is convicted of incest.

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Money

Madoff's Spouse Could Lose Assets

Prosecutors want disgraced financier's wife to forfeit wealth

NEW YORK | Bernard Madoff's wife could theoretically claim more than $100 million in assets — and should forfeit it all, according to federal prosecutors.

The move by prosecutors seeks the court's help in recovering $22 million in Madoff properties, all of which are solely in Ruth Madoff's name, except for one $3 million property. It also seeks $62 million in cash and securities in her name, $10 million in furnishings in the properties and $10 million for a yacht and other boats.

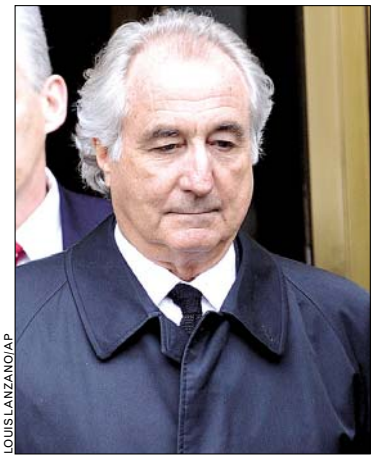
Madoff, 70, traded his $7 million Manhattan penthouse for a federal lockup on Thursday, immediately after he described how he created a two-decade Ponzi scheme that paid off early investors with proceeds from new investors.

Investors have reacted angrily to previous defense claims that Ruth Madoff is entitled to keep the $69 million in assets in her name.

Authorities say Madoff notified his 4,800 investors in November that they had nearly $65 billion in assets when there actually was about $1 billion left. He could face up to 150 years in prison when he is sentenced in June.

The assets that the government hopes to seize include four properties, $10 million in home furnishings and a $7 million yacht in France. Prosecutors also are seeking the forfeiture of a $39,000 Steinway piano and a $65,000 silverware set.

LARRY NEUMEISTER (AP)



LOUIS LANZANO/AP

Bernard Madoff will be sentenced in June and could face 150 years in prison.

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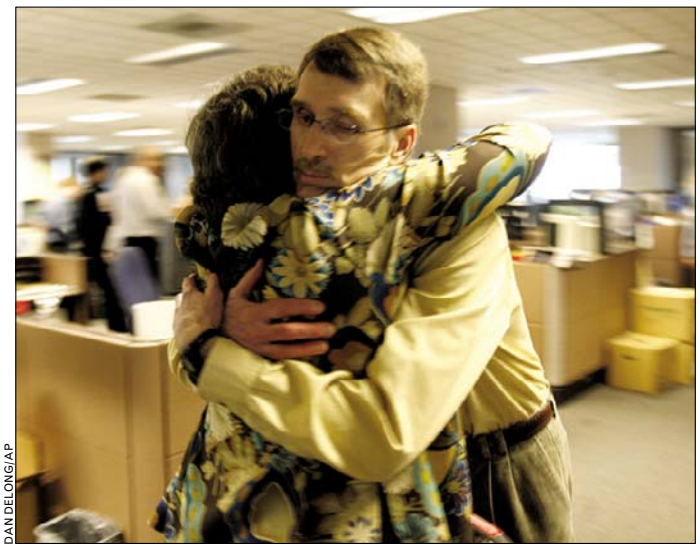

DAN DELONG/AP

PRINT DONE: Seattle Post-Intelligencer employees John Dickson and Chris Beringer embrace after learning the newspaper will no longer produce a print edition starting Wednesday. Hearst Corp., owner of the 146-year-old paper, failed to find a buyer for the P-I, which will become a Web-only business.

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Local

Memorial Sign Plan Draws Debate

$2.2M project to help identify National Mall monuments is divisive

WASHINGTON | The National Park Service is preparing to install a new system of signs to help guide visitors on the National Mall, but the plan is drawing some fire from those who say icons such as the Lincoln Memorial and Washington Monument don't need to be labeled.

Design is already under way for the $2.2 million sign system to replace a mishmash of signs with a uniform, user-friendly system.

It will likely use a color-coded series of pylons to help people find their way to places such as the National World War II Memorial or the Vietnam Veterans Memorial.

The plans are drawing typical Washington debate.

"What does it say in front of the pyramids?" said Pamela Nelson, vice chairman of the U.S. Commission of Fine Arts, which must approve the new sign system. "Is there a sign in front of the pyramids?"

BILL O'LEARY/TWP

A debate over whether D.C. icons such as the Washington Monument need signs is brewing between the U.S. Commission of Fine Arts and the National Park Service.

The answer may be different for tourists less familiar with Washington's landmarks.

Two visitors from Belgium paused on a recent visit near the Washington Monument to answer a question. Could they identify the white obelisk beside them?

"We think, the Ellipse," said Dien Haemhouts, 24, of Antwerp. When told of their mistake, they laughed.

Harriet Tregoning, who heads the D.C. planning office and represents the mayor on the National Capital Planning Commission, said Washington insiders shouldn't overestimate people's knowledge of the capital city.

"It's a little bit snobbish of us," she said, "to assume that certain things are so well-known people would not even need any direction to them." (AP)

Fenty: HIV/AIDS Report Wake-Up Call for District

A report showing that 3 percent of residents are infected with HIV or AIDS is a wake-up call for the District, Mayor Adrian M. Fenty said Monday.

"We know we have a lot to do as a government to educate and get information out, and as a community to step up and realize how dangerous we are with our sexual behavior," Fenty said.

Shannon L. Hader, director of the city's HIV/AIDS Administration, said the prevalence of the disease is likely worse than 3 percent, which reflects only the cases that are known.

Fenty released the 82-page report Monday. The 3 percent statistic surpasses the threshold that constitutes a severe epidemic. DARRYL FEARS (THE WASHINGTON POST)

Arlington Streetcar Plan Moves Forward

ARLINGTON, VA. | The Arlington County Board has approved $3 million in funding for the planning and design of a 4.7-mile streetcar line connecting Pentagon City to the Skyline area in Fairfax County.

Officials say they expect $3 million to come from a fund created through a commercial real estate tax, though $1 million of that money could be reimbursed through state funding.

The board also has approved $148,000 in funds set aside for Arlington County projects for the streetcar environmental planning and design.

Authorities say Arlington County will contribute 80 percent of the costs and Fairfax County will provide 20 percent.

In 2008, the Northern Virginia Transportation Authority approved about $37 million for the line, and officials expect the project to last about two years. (AP)

The Lotteries

Monday, March 16

DISTRICT	
Mid-day Lucky Numbers	6-3-1
Evening Lucky Numbers (Sun.)	3-3-5
Mid-day DC 4	4-9-4-0
Evening DC 4 (Sun.)	7-3-5-9
Rolling Cash Five (Sun.)	4-16-18-20-35
Daily 6 (Sun.)	6-8-17-24-32-34 Bonus: 37

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND	
Mid-day Pick 3	1-8-6
Evening Pick 3 (Sun.)	6-7-1
Mid-day Pick 4	5-1-4-5
Evening Pick 4 (Sun.)	1-7-7-0
Match 5 (Sun.)	2-21-23-30-37 Bonus: 1

VIRGINIA	
Mid-day Pick 3	2-5-3
Evening Pick 3 (Sun.)	0-1-6
Mid-day Pick 4	2-8-4-7
Evening Pick 4 (Sun.)	7-4-2-6
Mid-day Cash 5	1-11-17-19-24
Evening Cash 5 (Sun.)	1-4-10-12-20

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Sports

0 | **The number of runs** Nationals pitching prospect Jordan Zimmermann has given up this spring. He extended his shut-out streak to 12 1/3 innings after 3 2/3 spotless innings of work on Monday against the Florida Marlins.

A Look at the Crystal Ball

It's that time of year — brackets are being filled out, Cinderellas are being born each minute, and you're probably spending more time looking at your picks than your tax forms. We at Express will give you our take on the Big Dance, as we look at the regions over a two-day span. Today, it's the Midwest and West. Tomorrow, we'll round out the bracket. MATT SWENSON (EXPRESS)

MIDWEST REGION

Top-four seeds: Louisville, Michigan State, Kansas, Wake Forest
Players to watch: Wake Forest's Jeff Teague, Boston College's Tyrese Rice
Upset special: No. 10 Southern Cal over No. 7 Boston College
Best story would be: No. 14 seed North Dakota State, led by scoring sensation Ben Woodside and in its first year in Division I, topping defending champion Kansas.

Self

Analysis: Louisville's being named the top overall tournament seed may have raised some eyebrows, but remember the Cardinals won the Big East's regular-season and tournament titles. The bracket sets up well for them, too. Everyone loves No. 9 seed Siena, though playing No. 8 seed Ohio State in Dayton, Ohio, is a tough draw. Wake Forest versus Utah is a potentially attractive second-round contest. Still, Louisville's experience and talent should win in the end. On the bottom half of the region, Tyrese Rice is capable of leading Boston College as far as the Elite 8 — if the Eagles can get past Southern Cal in the first round. Kansas could make another long run under national coach of the year candidate Bill Self despite losing much of last year's title team.
The Pick: Louisville

KEVIN C. COX/GETTY IMAGES

WEST REGION

Top-four seeds: Connecticut, Memphis, Missouri, Washington
Players to watch: Connecticut's Hasheem Thabeet, Memphis' Tyreke Evans
Upset special: No. 11 Utah State over No. 6 Marquette
Best story would be: No. 10 Maryland, which barely made the tournament in a season when coach Gary Williams came under fire, somehow stopping California, shocking Memphis and going all the way to a third Final Four this decade.

Evans

Analysis: The Huskies have a tough road to Detroit. Most notably, Pac-10 champion Washington stands in their way — and has a big man in Jon Brockman, who could cancel out Connecticut's Hasheem Thabeet. Injuries spoiled any chance of a Marquette run, leaving the door open for Missouri to likely face Memphis. John Calipari is again counting on freshman point guard Tyreke Evans to carry No. 2 Memphis — winners of 25 straight — into a second-straight Final Four. Greivis Vasquez and Maryland are a true wild card in the region.
The Pick: Memphis

Women's draw: The women's brackets were unveiled after deadline. Express will run them Wednesday.

JIM MCISAAC/GETTY IMAGES

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UVa.'s Leitao Resigns After 4 Years

MEN'S COLLEGE HOOPS | Dave Leitao has resigned as men's basketball coach at Virginia, the school's athletic department confirmed. Leitao has been the coach of the Cavaliers for the past four seasons, compiling a record of 63-60.

Virginia finished the past season 10-18 overall, 4-12 in the ACC and 11th place in the 12-team league. The Cavaliers made one NCAA tournament appearance in Leitao's four seasons, reaching the second round in 2007 — when he was named the ACC's coach of the year.

Leitao

Before arriving at Virginia, Leitao was the head coach at DePaul for three seasons after serving as an assistant under Jim Calhoun at Connecticut from 1996 to 2002. His contract runs through the 2012-13 season. ZACH BERMAN (THE WASHINGTON POST)

TODAY'S TV LINEUP

CAPITALS (7:30 P.M. ON CSN) Washington stays on the road a second-straight day to face the Florida Panthers.
WIZARDS (9 P.M. ON CSN+) The Wizards should be in no danger of hurting their draft position with a win in Utah.
NCAA HOOPS (7:30 P.M. ON ESPN) Louisville awaits the winner of Alabama State versus Morehead State in Dayton, Ohio.
NIT (7 P.M., 9 P.M. AND 11 P.M. ON ESPN2; 9:30 P.M. ON ESPN) Davidson at South Carolina; UAB at Notre Dame; Washington State at St. Mary's (Calif.) and UNLV at Kentucky.
HOCKEY (7:30 P.M. ON VERSUS) The Detroit Red Wings host the Philadelphia Flyers.
TENNIS (4 P.M. AND 10:30 P.M. ON FSN) Early round action from Indian Wells, Calif.

Sports

Cutler Asks for A Trade

Broncos QB is still upset team tried to swap him for Cassel

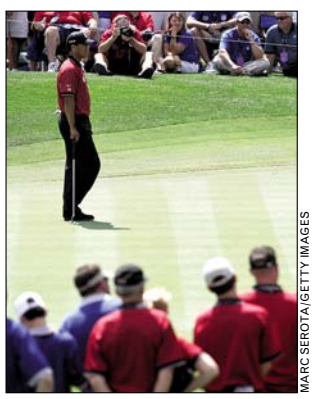
NFL | Jay Cutler was a no-show on Monday for coach Josh McDaniels' first team meeting and the start of the Denver Broncos' offseason workouts, and if he gets his way, he'll never step foot in the team's training facility again.

"The Denver Broncos confirm that Jay Cutler has requested a trade," team spokesman Jim Saccomano told The Associated Press on Monday.

ESPN first reported that Cutler, still upset that the Broncos tried to trade him for New England quarterback Matt Cassel last month, had asked for a trade through his agent, Bus Cook.

The Denver Post quoted McDaniels as saying he wanted to meet again with Cutler to try to resolve their differences before considering a trade. Cutler told ESPN he would attend every mandatory minicamp and training camp but would skip the offseason training program, which won't subject him to fines. (AP)

GOLF | TIGER WATCH



MARC SEROTA/GETTY IMAGES

IN THE RED: Tiger Woods waits to putt on the seventh hole at the Tavistock Cup on Monday in Orlando, Fla. He finished ninth in the CA Championship held in Doral, Fla., over the weekend.

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E-MAIL'S ENOUGH: Diddy and Ashton Kutcher may love it, but not every celeb is into Twitter. "I'm afraid of the Internet. I'm too old to Tweet," said Paul Rudd, left, when E! News caught up with him at Austin's South by Southwest Film Festival.

Entertainment

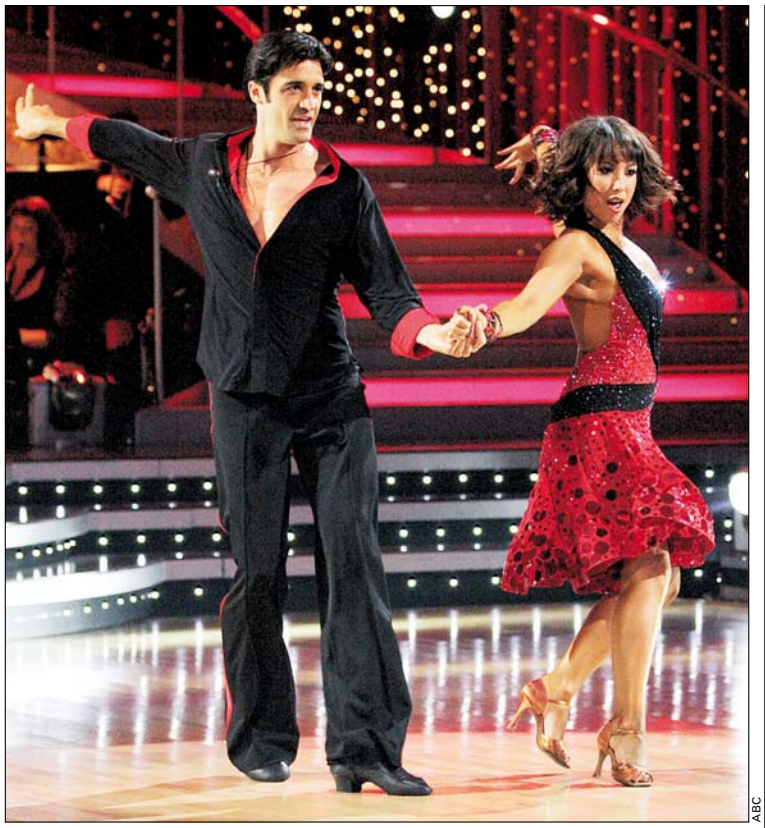
Dangerous 'Dancing'

Injured celebs quickly become a reality TV show's Achilles' heel

RUMBA | The show is about dancing, for heaven's sake. How dangerous can it be? Consider this: Before season eight's "Dancing With the Stars" debuted last week, two celebrity contestants were already on the injured list and off the program.

"Access Hollywood" co-anchor Nancy O'Dell suffered a torn meniscus, requiring surgery, and singer Jewel sustained fractures in both shinbones. But wait, there's more: In the current cast, actor Gilles Marini reported a left shoulder injury, and Apple co-founder Steve Wozniak has injured his foot, according to an ABC spokesperson, and was recently photographed wearing a removable cast. And ballroom might have gotten the best of Steve-O, survivor of innumerable outrageous "Jackass" stunts. In a statement he released last week, dancing might be responsible for torn muscles causing inflammation and pinched nerves in his back.

They join a growing and almost alarming list of the show's previous celebs-turned-dancers who have been injured during practice, rehearsals or taping: Olympic volleyball player Misty May-Treanor ruptured a tendon, actor Christian de la Fuente ruptured his biceps, actress Susan Lucci sprained her ankle, and singer Marie Osmond fainted onstage. This is only ballroom dancing, right?



ABC

A STEP AWAY: It's week two, and Gilles Marini ,left, already has a shoulder injury.

The "only" is the rub. Don't be blinded by the blinged-out costumes. Champion dancers make it look effortless, but the audience never sees the years of training.

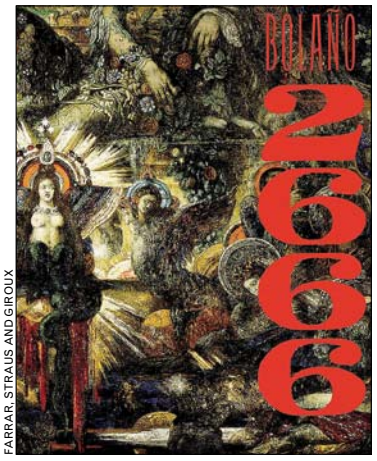
"A lot of people come into the sport and think it's so easy, that anyone can do this," says Efrosyni Iosiphidis, a Rhode Island-based ballroom dancer. "The goal is to make it look easy and fun."

Celebs go from zero to 60 when they begin working out, training several hours a day for four weeks leading up to the show, then continue training during it. The regimen is more intense than that for beginners or even pros, putting enormous demands on bodies and psyches. It's a perfect formula for overuse injuries. One misstep or mind-wandering moment, and pop! There goes that tendon.

> **Oh, and those heels — it's one thing to walk in them, quite another to rumba.**

Even for those in peak physical shape, practice is arduous — taxing less-used muscle groups and forcing new movement patterns.

The difficulty factor ratchets up when you factor in dancing in hot, skimpy costumes; learning complex choreography; looking graceful; and keeping the beat while smiling. Oh, and those heels — it's one thing to walk in them, quite another to rumba. JEANNINE STEIN (LOS ANGELES TIMES)



FARRAR, STRAUS AND GIROUX

A Chilean novel won the National Book Critics Circle's 2009 award for fiction.

Reading Beyond Borders

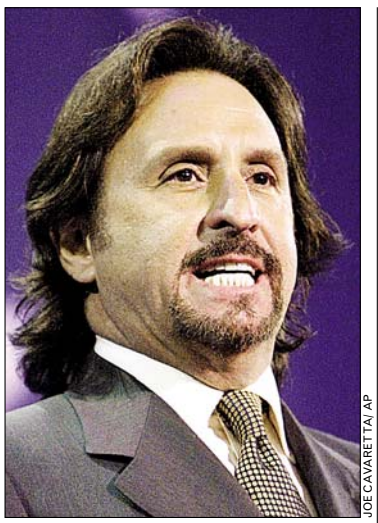
U.S. book critics highlight tomes with global influences

AWARDS | Stories from around the world were honored by book critics, including works about the ancient and modern Middle East and a novel set in Mexico, the late Roberto Bolano's "2666."

The National Book Critics Circle awarded the fiction prize to Bolano, the Chilean author who died in 2003; the award for general nonfiction to "The Forever War," Dexter Filkins' reporting on the conflicts in Iraq and Afghanistan; and the autobiography prize to Ariel Sabar's "My Father's Paradise," which traces the author's Jewish roots in Kurdish Iraq.

Reviewers are largely responsible for Bolano's posthumous following, where "2666" — a very long and complex novel in translation — has found success in the U.S. Bolano's translator, Natasha Wimmer, accepted the award on his behalf and recalled that the author himself once said that "posthumous" sounded like a Roman gladiator."

The awards carry a great deal of prestige but no cash, fitting for a time when reviewers have struggled to hold on to their jobs. HILLEL ITALIE (AP)



JOE CAVARETTA/ AP

Known for stage and screen roles, and his activism, Ron Silver died Sunday.

Silver's Political Streak

Actor Ron Silver will be remembered for playing to the people

OBITUARY | Actor Ron Silver, who won a Tony Award as a Hollywood producer in David Mamet's "Speed-the-Plow" and did a political about-face from Democrat to Republican activist after the Sept. 11 attacks, died Sunday at age 62.

"Ron Silver died peacefully in his sleep with his family around him early Sunday morning" in New York City, said Robin Bronk, executive director of the Creative Coalition, which Silver helped found. "He had been fighting esophageal cancer for two years."

Silver, an Emmy nominee for a recurring role as a slick strategist for liberal President Jed Bartlet on "The West Wing," had a long history of balancing acting with left-leaning social and political causes. But after the 2001 terrorist attacks, longtime Democrat Silver turned heads in Hollywood with outspoken support of President George W. Bush over the wars in Iraq and Afghanistan.

His switch to a more conservative image threatened to overshadow a career on stage, television and film, along with his long history of activism. But he remained hopeful, "They say that Hollywood is sex without substance, and Washington is substance without sex, so maybe the marriage of the two is mutually intriguing." DAVID GERMAIN (AP)

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IMAX WATCHMEN: THE IMAX EXPERIENCE (R) 3:50, 7:30

DIGITAL 3D
JONAS BROTHERS: THE 3D CONCERT EXPERIENCE (G) 5:25, 10:00
CORALINE 3D (PG) 2:55, 7:30

THE LAST HOUSE ON THE LEFT (R) 1:45, 2:20, 4:25, 5:05, 7:10, 7:55, 9:55, 10:30
MISS MARCH (R) 2:35, 4:55, 7:20, 9:45
RACE TO WITCH MOUNTAIN (PG) 1:40, 2:20, 3:00, 4:20, 5:00, 5:40, 7:00, 7:40, 8:20, 9:30, 10:10
WATCHMEN (R) 1:50, 2:50, 5:30, 6:30, 9:15, 10:00
WATCHMEN (R) CC 4:50, 8:30
TYLER PERRY'S MADEA GOES TO JAIL (PG13) 2:05, 2:45, 4:40, 5:20, 7:15, 8:00, 9:55
CONFESSIONS OF A SHOPAHOLIC (PG) 4:30, 9:35
FRIDAY THE 13TH (2009) (R) 2:05, 7:10
THE INTERNATIONAL (R) 1:05, 3:55, 6:40, 9:35
HE'S JUST NOT THAT INTO YOU (PG13) 1:30, 4:30, 7:35
PUSH (PG13) 2:30, 5:10, 7:45, 10:25
TAKEN (PG13) 3:10, 5:30, 7:50, 10:10
UNDERWORLD: RISE OF THE LYCANS (R) 9:20 PM
PAUL BLART: MALL COP (PG) 2:25, 4:45, 7:05

AMC SELECT
CROSSING OVER (R) 1:55, 4:35, 7:25, 10:05
SLUMDOG MILLIONAIRE (R) 3:20, 6:15, 9:10
THE READER (R) 1:15, 4:00, 6:50, 9:40

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DIGITAL 3D
JONAS BROTHERS: THE 3D CONCERT EXPERIENCE (G) 12:45, 5:30, 9:55
CORALINE 3D (PG) 3:00, 7:30

THE LAST HOUSE ON THE LEFT (R) 1:35, 4:25, 7:05, 9:50
MISS MARCH (R) 3:20, 5:40, 8:00, 10:30
RACE TO WITCH MOUNTAIN (PG) 12:30, 1:20, 2:50, 3:50, 5:20, 6:20, 7:50, 8:50, 10:20
WATCHMEN (R) 12:35, 4:10, 7:45
WATCHMEN (R) CC 2:20, 6:00, 9:45
FIRED UP (PG13) 7:55, 10:10
TYLER PERRY'S MADEA GOES TO JAIL (PG13) 2:10, 4:50, 7:25, 10:00
CONFESSIONS OF A SHOPAHOLIC (PG) 1:30, 4:05, 6:55, 9:30
HE'S JUST NOT THAT INTO YOU (PG13) 1:15, 4:15, 7:15, 10:15
TAKEN (PG13) 1:00, 3:25, 5:50, 8:20, 10:35
PAUL BLART: MALL COP (PG) 12:40 PM

AMC SELECT
SLUMDOG MILLIONAIRE (R) 1:45, 4:30, 7:20, 10:05

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DIGITAL PRESENTATION
MISS MARCH (R) ✓ 2:45, 5:10, 7:25, 9:50

THE LAST HOUSE ON THE LEFT (R) ✓ 1:25, 4:05, 6:55, 9:40
RACE TO WITCH MOUNTAIN (PG) ✓ 2:55, 5:25, 8:00, 10:20
WATCHMEN (R) 1:05, 2:00, 2:45, 4:30, 5:35, 6:20, 8:10, 9:10, 9:55
WATCHMEN (R) CC 2:00, 5:35, 9:10
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HE'S JUST NOT THAT INTO YOU (PG13) 1:00, 4:00, 7:00, 10:05
TAKEN (PG13) 2:25, 4:50, 7:15, 9:35

AMC SELECT
CROSSING OVER (R) ✓ 2:15, 5:00, 7:45, 10:20
SLUMDOG MILLIONAIRE (R) 1:40, 4:35, 7:30, 10:25
THE READER (R) 1:15, 4:10, 7:05, 10:00

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IMAX WATCHMEN: THE IMAX EXPERIENCE (R) 1:15, 4:55, 8:30

DIGITAL 3D
JONAS BROTHERS: THE 3D CONCERT EXPERIENCE (G) 2:15, 7:05
CORALINE 3D (PG) 4:35, 9:25

THE LAST HOUSE ON THE LEFT (R) ✓ 1:20, 4:05, 6:50, 9:30
THE LAST HOUSE ON THE LEFT (R) DS CC ✓ 2:20, 5:05, 7:50, 10:30
MISS MARCH (R) ✓ 2:25, 4:50, 7:15, 9:40
RACE TO WITCH MOUNTAIN (PG) ✓ 1:00, 1:50, 2:40, 3:40, 4:30, 5:20, 6:20, 7:10, 8:00, 9:00, 9:50, 10:25
WATCHMEN (R) 12:50, 2:30, 3:15, 4:15, 6:15, 7:00, 7:45, 9:45
TYLER PERRY'S MADEA GOES TO JAIL (PG13) 1:25, 4:00, 6:45, 7:35, 9:20, 10:10
CONFESSIONS OF A SHOPAHOLIC (PG) 1:45, 7:20
THE INTERNATIONAL (R) 4:25, 10:00
HE'S JUST NOT THAT INTO YOU (PG13) 12:55, 3:55, 6:55, 9:55
THE PINK PANTHER 2 (PG) 2:45, 5:10
TAKEN (PG13) 2:50, 5:15, 7:40, 10:05
PAUL BLART: MALL COP (PG) 12:45, 3:10, 5:30, 7:55, 10:20

AMC SELECT
SLUMDOG MILLIONAIRE (R) 1:55, 4:40, 7:25, 10:15

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG13) 3:10, 5:30, 8:00
TYLER PERRY'S MADEA GOES TO JAIL (PG13) 2:30, 5:10, 7:40
CONFESSIONS OF A SHOPAHOLIC (PG) 2:40, 5:00, 7:30
THE INTERNATIONAL (R) 2:00, 4:50, 7:50
CORALINE (PG) 2:10, 4:30, 6:50
3D NOT AVAILABLE FOR THESE SHOWTIMES
HE'S JUST NOT THAT INTO YOU (PG13) 4:20, 7:20
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 3:30, 7:00

AMC SELECT
THE READER (R) 4:10, 7:10

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo

THE LAST HOUSE ON THE LEFT (R) 12:20, 1:40, 3:20, 4:20, 6:20, 7:20, 9:20, 10:00
RACE TO WITCH MOUNTAIN (PG) 12:05, 2:30, 5:00, 7:30, 10:00
WATCHMEN (R) 12:45, 2:45, 4:15, 6:15, 8:15, 9:45
WATCHMEN (R) CC 2:45, 6:15, 9:45
TYLER PERRY'S MADEA GOES TO JAIL (PG13) 12:30, 2:00, 3:00, 4:30, 5:30, 6:05, 7:00, 8:00, 8:30, 9:30
FRIDAY THE 13TH (2009) (R) 12:05, 2:25, 4:55, 7:25, 9:55
CORALINE (PG) 1:35, 4:05 *3D NOT AVAILABLE FOR THESE SHOWTIMES*
PUSH (PG13) 7:05, 9:50
TAKEN (PG13) 12:15, 2:40, 5:15, 7:45, 10:05
PAUL BLART: MALL COP (PG) 1:30, 3:45

AMC SELECT
SLUMDOG MILLIONAIRE (R) 1:10, 4:10, 7:10, 10:10

LOEWS SHIRLINGTON 7
2772 South Randolph

AMC SELECT
BROTHERS AT WAR (R) ✓ 12:05, 2:35, 5:05, 7:45
THE CLASS (PG13) 1:50, 4:40, 7:30
MILK (R) 1:40, 4:25, 7:20
SLUMDOG MILLIONAIRE (R) 12:15, 2:55, 5:35, 8:15
THE WRESTLER (R) 12:30, 3:00, 5:30, 8:00
THE READER (R) 1:25, 4:20, 7:15
DOUBT (PG13) 2:05, 4:35, 7:05

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.

WATCHMEN (R) 1:00, 4:30, 8:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center

DIGITAL 3D
JONAS BROTHERS: THE 3D CONCERT EXPERIENCE (G) 12:45, 3:10, 5:15, 7:35, 9:35

THE LAST HOUSE ON THE LEFT (R) 12:20, 3:05, 5:40, 8:15, 10:50
MISS MARCH (R) 1:05, 3:25, 5:45, 8:20, 10:40
RACE TO WITCH MOUNTAIN (PG) 12:30, 1:45, 3:00, 4:20, 5:35, 7:00, 8:05, 9:25, 10:30
WATCHMEN (R) 12:35, 1:55, 2:55, 4:00, 5:25, 6:25, 7:25, 8:55, 9:55, 10:55
FIRED UP (PG13) 12:20 PM
TYLER PERRY'S MADEA GOES TO JAIL (PG13) 1:50, 4:25, 7:15, 9:45
CONFESSIONS OF A SHOPAHOLIC (PG) 1:40, 4:30, 7:10, 9:40
THE INTERNATIONAL (R) 2:30, 5:20, 8:10, 10:55
CORALINE (PG) 12:25, 2:45 *3D NOT AVAILABLE FOR THESE SHOWTIMES*
HE'S JUST NOT THAT INTO YOU (PG13) 1:00, 4:10, 7:20, 10:25
HE'S JUST NOT THAT INTO YOU (PG13) CC 1:00, 4:10, 7:20, 10:25
THE PINK PANTHER 2 (PG) 12:50, 3:15, 5:30, 7:45, 10:10
TAKEN (PG13) 12:30, 2:50, 5:05, 7:30, 9:50

AMC SELECT
SLUMDOG MILLIONAIRE (R) 1:15, 4:05, 7:05, 10:00
THE READER (R) 5:10, 7:55, 10:45

AMC MAZZA GALLERIE
Jenifer and Wisconsin

THE LAST HOUSE ON THE LEFT (R) ✓ 2:10, 4:50, 7:50
RACE TO WITCH MOUNTAIN (PG) ✓ 2:30, 5:00, 7:30
WATCHMEN (R) 3:30, 7:00
TYLER PERRY'S MADEA GOES TO JAIL (PG13) 2:40, 5:20, 8:00
CONFESSIONS OF A SHOPAHOLIC (PG) 4:40
THE INTERNATIONAL (R) 1:20, 4:10, 7:20
THE PINK PANTHER 2 (PG) 2:20, 7:40

AMC SELECT
SLUMDOG MILLIONAIRE (R) 1:30, 4:20, 7:10

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard

DIGITAL 3D
JONAS BROTHERS: THE 3D CONCERT EXPERIENCE (G) 4:10, 8:40
CORALINE 3D (PG) 1:25, 6:15, 10:40

THE LAST HOUSE ON THE LEFT (R) ✓ 1:00, 2:15, 3:40, 5:00, 6:30, 7:45, 9:15, 10:30
MISS MARCH (R) ✓ 1:35, 4:15, 7:00, 9:20
RACE TO WITCH MOUNTAIN (PG) ✓ 12:30, 1:30, 2:30, 3:30, 4:30, 5:30, 6:30, 7:30, 8:30, 9:15, 10:00
WATCHMEN (R) 12:45, 2:00, 4:15, 5:35, 8:00, 9:00
WATCHMEN (R) DS CC 3:15, 6:50, 10:15
FIRED UP (PG13) 2:55, 7:35
TYLER PERRY'S MADEA GOES TO JAIL (PG13) 12:55, 3:25, 5:55, 8:25, 10:50
CONFESSIONS OF A SHOPAHOLIC (PG) 3:45, 9:10
THE INTERNATIONAL (R) 5:25, 8:10, 10:55
HE'S JUST NOT THAT INTO YOU (PG13) 12:50, 6:15
THE PINK PANTHER 2 (PG) 1:05, 3:15
TAKEN (PG13) 12:35, 2:50, 5:05, 7:25, 9:40
PAUL BLART: MALL COP (PG) 12:40, 5:10, 10:05

AMC SELECT
SLUMDOG MILLIONAIRE (R) 1:40, 4:35, 7:20, 10:10
GRAN TORINO (R) 1:15, 4:00, 7:10, 9:55
THE READER (R) 1:10, 4:05, 7:05, 9:50

LOEWS WHITE FLINT 5
North Bethesda

RACE TO WITCH MOUNTAIN (PG) 2:00, 4:35, 7:05
WATCHMEN (R) 3:30, 7:00
CONFESSIONS OF A SHOPAHOLIC (PG) 2:15, 7:35
THE INTERNATIONAL (R) 4:45

AMC SELECT
SLUMDOG MILLIONAIRE (R) 1:50, 4:30, 7:25
THE READER (R) 2:05, 4:40, 7:20

✓-SPECIAL ENGAGEMENT No passes or discount coupons CC - Closed Captioning · DS - Descriptive Video Service

Times for Tuesday, March 17, 2009

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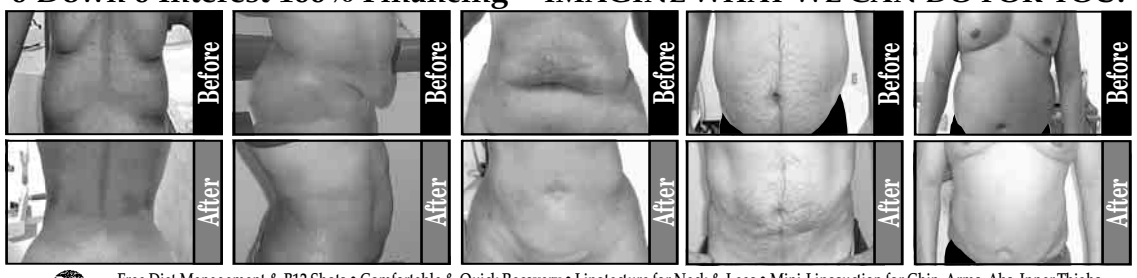

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Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING
Adv. Tix on Sale DUPLICITY
RACE TO WITCH MOUNTAIN (PG) ★ (1100 1230 130 315 415) 600 700 845 945
THE LAST HOUSE ON THE LEFT (R) - ID REQ'D (1130 200 445) 730 1015
MISS MARCH (R) - ID REQ'D (1200 245 500) 745 1015
WATCHMEN (R) - ID REQ'D (1215 100 145 300 345 430 515) 630 715 800 845 1045
OC & DA: WATCHMEN (R) - ID REQ'D (1130 AM) 1000 PM
TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (100 400) 715 945
HE'S JUST NOT THAT INTO YOU (PG-13) 615 PM 915 PM
TAKEN (PG-13) (1230 300 530) 815 1045
SLUMDOG MILLIONAIRE (R) - ID REQ'D (1230 330) 645 945
CORALINE - 3D (PG) ★ (115 PM 345 PM) 615 PM
PAUL BLART MALL COP (PG) (1115 AM 145 PM 400 PM)
JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ 1110 AM 845 PM

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale DUPLICITY
THE LAST HOUSE ON THE LEFT (R) - ID REQ'D (230 500) 810 1045
MISS MARCH (R) - ID REQ'D (200 420) 710 930
RACE TO WITCH MOUNTAIN (PG) ★ (1230 220 300 445 520) 710 800 945 1020
OC & DA: WATCHMEN (R) - ID REQ'D 630 PM 1000 PM
WATCHMEN (R) - ID REQ'D (1230 130 230 300 400 500) 600 730 830 930
FIRED UP (PG-13) 915 PM
TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (200 445) 745 1015
CONFESSIONS OF A SHOPAHOLIC (PG) 915 PM
CORALINE (PG) (140 PM 410 PM) 640 PM
THE PINK PANTHER 2 (PG) (150 PM 415 PM) 630 PM
HE'S JUST NOT THAT INTO YOU (PG-13) (350 PM) 650 PM 940 PM
TAKEN (PG-13) (215 510) 815 1045
PAUL BLART MALL COP (PG) (120 PM)
SLUMDOG MILLIONAIRE (R) - ID REQ'D (130 415) 700 945

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale DUPLICITY
THE LAST HOUSE ON THE LEFT (R) - ID REQ'D (215 500) 730 1000
MISS MARCH (R) - ID REQ'D (1250 305 520) 750 1010
RACE TO WITCH MOUNTAIN (PG) ★ (1230 130 300 430 530) 700 800 930 1030
OC & DA: WATCHMEN (R) - ID REQ'D (345 PM) 1045 PM
WATCHMEN (R) - ID REQ'D (1215 1245 115 315 415 445) 645 715 745 815 1015
TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (110 355) 630 910
THE INTERNATIONAL (R) - ID REQ'D 950 PM
HE'S JUST NOT THAT INTO YOU (PG-13) (125 420) 710 1005
TAKEN (PG-13) (1235 250 515) 810 1035
PAUL BLART MALL COP (PG) (1220 235 505) 725
THE READER (R) - ID REQ'D (120 405) 650 940
SLUMDOG MILLIONAIRE (R) - ID REQ'D (145 435) 735 1020

MAJESTIC STADIUM 20
900 Ellsworth Dr, Silver Spring, MD 240-393-4826

Adv. Tix on Sale MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING
Adv. Tix on Sale DUPLICITY
RACE TO WITCH MOUNTAIN (PG) ★ (1215 115 245 335 515) 605 745 830 1020 1050
RW & DA: RACE TO WITCH MOUNTAIN (PG) ★ (145 410) 640 900
THE LAST HOUSE ON THE LEFT (R) - ID REQ'D (1205 100 235 345 500) 615 730 845 1000
MISS MARCH (R) - ID REQ'D (1225 240 505) 715 925
WATCHMEN (R) - ID REQ'D (1200 1235 120 300 330 400 445) 630 700 735 810 955 1030 1100
RW & DA: WATCHMEN (R) - ID REQ'D (230 PM) 600 PM 930 PM
STREET FIGHTER: THE LEGEND OF CHUN-L (PG-13) 1040 PM
CORALINE - 3D (PG) ★ (225 PM 455 PM) 720 PM
JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ 1230 PM 945 PM
TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (1220 135 250 420 530) 645 815 920 1055
CONFESSIONS OF A SHOPAHOLIC (PG) (440 PM) 725 PM 1005 PM
THE PINK PANTHER 2 (PG) (1210 PM 220 PM)
HE'S JUST NOT THAT INTO YOU (PG-13) (110 415) 705 1010
TAKEN (PG-13) (125 340) 620 835 1045
PAUL BLART MALL COP (PG) (1245 350) 610 825
GRAN TORINO (R) - ID REQ'D (210 450) 740 1015
THE READER (R) - ID REQ'D (105 405) 650 940

ROYALE STADIUM 14
6505 America Blvd, Hyattsville, MD 301-864-3456

Adv. Tix on Sale DUPLICITY
RW & DA: RACE TO WITCH MOUNTAIN (PG) ★ (115 345) 655 930
THE LAST HOUSE ON THE LEFT (R) - ID REQ'D (125 155 355 435) 715 745 955 1025
MISS MARCH (R) - ID REQ'D (145 400) 725 1005
RW & DA: WATCHMEN (R) - ID REQ'D (130 PM 500 PM) 830 PM
WATCHMEN (R) - ID REQ'D (100 200 230 430 530) 630 800 900 1000
STREET FIGHTER: THE LEGEND OF CHUN-L (PG-13) (120 350) 700 950
TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (105 140 330 410) 705 740 940 1020
CORALINE (PG) (150 415) 730 1015
TAKEN (PG-13) (110 340) 710 945
SLUMDOG MILLIONAIRE (R) - ID REQ'D (135 420) 720 1010

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale DUPLICITY
THE LAST HOUSE ON THE LEFT (R) - ID REQ'D (230 500) 730 1005
RACE TO WITCH MOUNTAIN (PG) ★ (205 425) 710 940
WATCHMEN (R) - ID REQ'D (100 300 330 430) 630 700 800 1000 1030
THE INTERNATIONAL (R) - ID REQ'D (100 PM)
CONFESSIONS OF A SHOPAHOLIC (PG) (455 PM) 940 PM
THE PINK PANTHER 2 (PG) (1230 PM 240 PM) 720 PM
HE'S JUST NOT THAT INTO YOU (PG-13) (200 450) 740 1030
TAKEN (PG-13) (1240 300 520) 750 1010
DEFIANCE (R) - ID REQ'D (400 PM) 700 PM 1000 PM
LAST CHANCE HARVEY (PG-13) (210 430) 650 910

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING
Adv. Tix on Sale DUPLICITY
RACE TO WITCH MOUNTAIN (PG) ★ (130 215 400 445) 630 715 900 950
THE LAST HOUSE ON THE LEFT (R) - ID REQ'D (135 215 415 500) 700 745 940 1010
MISS MARCH (R) - ID REQ'D (105 305 515) 730 945
WATCHMEN (R) - ID REQ'D (100 125 200 310 415 500 545) 630 745 830 915 1000
JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ (445 PM) 930 PM
CORALINE - 3D (PG) ★ (220 PM) 645 PM
TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (145 300 430 530) 715 800 930 1015
SLUMDOG MILLIONAIRE (R) - ID REQ'D (115 400) 645 935
TAKEN (PG-13) (110 315 530) 800 1005
PAUL BLART MALL COP (PG) (100 PM)

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING
Adv. Tix on Sale DUPLICITY
RACE TO WITCH MOUNTAIN (PG) ★ (1210 245) 515 745 1010
THE LAST HOUSE ON THE LEFT (R) - ID REQ'D (1140 130 220) 415 500 700 800 1000 1040
MISS MARCH (R) - ID REQ'D (1150 210) 445 715 940
OC & DA: WATCHMEN (R) - ID REQ'D (300 PM) 950 PM
WATCHMEN (R) - ID REQ'D (1135 1200 1230 115 200) 330 400 450 545 625 655 730 830 915 1020
JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ 1215 PM
TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (1145 225) 505 740 1015
THE INTERNATIONAL (R) - ID REQ'D 935 PM
CONFESSIONS OF A SHOPAHOLIC (PG) (1130 155) 420 650
CORALINE - 3D (PG) ★ (215 440) 705 930
HE'S JUST NOT THAT INTO YOU (PG-13) (110) 430 720 1025
TAKEN (PG-13) (1240) 310 535 750 1005

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

THE LAST HOUSE ON THE LEFT (R) - ID REQ'D (210 505) 750 1035
MISS MARCH (R) - ID REQ'D (1220 250 515) 740 1020
RACE TO WITCH MOUNTAIN (PG) ★ (220 455) 730 1005
WATCHMEN (R) - ID REQ'D (1200 1240 240 310 340 420) 620 650 720 800 955 1030
FIRED UP (PG-13) (1245 PM)
THE PINK PANTHER 2 (PG) (1210 PM 525 PM) 755 PM
TAKEN (PG-13) (200 440) 710 950
PAUL BLART MALL COP (PG) (1250 PM)
DOUBT (PG-13) (245 PM) 1025 PM
FROST NIXON (R) - ID REQ'D (330 PM) 640 PM 940 PM
GRAN TORINO (R) - ID REQ'D (320 PM) 630 PM 925 PM
SLUMDOG MILLIONAIRE (R) - ID REQ'D (100 400) 700 1010

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING
Adv. Tix on Sale DUPLICITY
MISS MARCH (R) - ID REQ'D (1200 225 505) 740 1010
RACE TO WITCH MOUNTAIN (PG) ★ (1145 120 220 355 455) 630 730 905 1005
THE LAST HOUSE ON THE LEFT (R) - ID REQ'D (135 235 415 515) 700 800 945
CORALINE - 3D (PG) ★ (205 440) 715 950
OC & DA: WATCHMEN (R) - ID REQ'D (305 PM) 1025 PM
WATCHMEN (R) - ID REQ'D (1155 1225 1255 225 335 405 435) 615 645 715 745 815 955
TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (110 345 445) 650 920 1020
THE INTERNATIONAL (R) - ID REQ'D (145 PM) 720 PM
CONFESSIONS OF A SHOPAHOLIC (PG) (125 PM) 930 PM
HE'S JUST NOT THAT INTO YOU (PG-13) (115 420) 725 1030
TAKEN (PG-13) (100 340) 610 840
PAUL BLART MALL COP (PG) (425 PM) 705 PM
JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ (1150 AM)

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

Adv. Tix on Sale MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING
Adv. Tix on Sale DUPLICITY
THE LAST HOUSE ON THE LEFT (R) - ID REQ'D (1255 205 330 500) 620 745 900 1020
RW & DA: RACE TO WITCH MOUNTAIN (PG) ★ (145 415) 645 915
MISS MARCH (R) - ID REQ'D (1145 200 420) 715 945
RACE TO WITCH MOUNTAIN (PG) ★ (1215 245 510) 800 1030
WATCHMEN (R) - ID REQ'D (1230 115 225 305 400 440) 600 635 730 815 930 1000
STREET FIGHTER: THE LEGEND OF CHUN-L (PG-13) 850 PM
JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ 1210 PM 950 PM
TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (135 405) 705 935
THE INTERNATIONAL (R) - ID REQ'D 1030 PM
CONFESSIONS OF A SHOPAHOLIC (PG) (1155 230 515) 750
CORALINE - 3D (PG) ★ (220 PM 455 PM) 720 PM
THE PINK PANTHER 2 (PG) (1200 PM)
HE'S JUST NOT THAT INTO YOU (PG-13) (1150 AM 255 PM) 610 PM
TAKEN (PG-13) (1200 215 435) 700 920
PAUL BLART MALL COP (PG) (140 PM 355 PM) 615 PM
SLUMDOG MILLIONAIRE (R) - ID REQ'D (150 445) 735 1025

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING
Adv. Tix on Sale DUPLICITY
THE LAST HOUSE ON THE LEFT (R) - ID REQ'D (150 450) 740 1030
MISS MARCH (R) - ID REQ'D (1145 230 500) 730 1010
RACE TO WITCH MOUNTAIN (PG) ★ (1200 140 220 400 445) 635 710 855 935
OC & DA: WATCHMEN (R) - ID REQ'D (300 PM) 1000 PM
WATCHMEN (R) - ID REQ'D (1130 1220 110 200 300 350 440 530) 630 720 810 900 1000
JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ (1150 AM) 940 PM
FIRED UP (PG-13) (125 510) 750 1020
TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (120 410) 650 920
THE INTERNATIONAL (R) - ID REQ'D (1215 320) 640 950
CONFESSIONS OF A SHOPAHOLIC (PG) (1210 310) 620 915
CORALINE - 3D (PG) ★ (210 PM 435 PM) 700 PM
THE PINK PANTHER 2 (PG) (100 345) 645 945
HE'S JUST NOT THAT INTO YOU (PG-13) (1140 240) 610 910
TAKEN (PG-13) (1230 250 520) 745 1025
PAUL BLART MALL COP (PG) (1250 330) 615 850
HOTEL FOR DOGS (PG) (1135 200 430) 705 925
GRAN TORINO (R) - ID REQ'D (1240 340) 625 930
SLUMDOG MILLIONAIRE (R) - ID REQ'D (130 420) 715 1015

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Television

WHAT ABOUT DAD? Richard Dreyfuss will star opposite Jason Biggs in "Happiness Isn't Everything," a comedy pilot for CBS. Dreyfuss will play the pushy, loving and funny patriarch of the family, with Biggs playing his son.

Bride and Prejudice in Iran

A doc on PBS takes on a cross-cultural marriage of minds

I DO | The WE network has dedicated half its schedule to high-stress weddings. But they are a far cry from the celebration captured in "Arusi Persian Wedding" on "Independence Lens" (10 p.m. PBS).

Like many first-generation immigrants and exiles, Iranian-American filmmaker Marjan Tehrani was curious about her father's homeland. So, when her brother Alex wanted to return to Iran with his American wife, Heather, to celebrate their marriage with a "big fat Persian wedding," Marjan saw the perfect opportunity for a film.

Tehrani blends home movies, travelogue and historical newsreels and television footage to explore the complicated relationship between the United States and Iran. The film recalls the U.S.-backed 1953 coup that ousted Iran's democratically elected leader, as well as the Islamic revolution of 1978 and the hostage crisis of 1979 to 1981.

We also meet with men and women on the street, and many (particularly young women) express affection for the United States and its freedoms. The same people also display pride in their native country, laced with skepticism about the harsh edicts of the Islamic Republic. At the same time (2005), they resented President George W. Bush's "axis of evil" rhetoric.

The film culminates in an intimate family celebration and Heather's warm embrace by a group of very modern Iranian women, just one side of a complex Iran that emerges when the personal transcends politics. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE

ALEX TEHRANI/TVS

UNDER A VEIL: An American bride's first trip to Tehran is captured on film.

ON TV TONIGHT

BIG FURRY HATS
NEWS AMERICA (7 p.m., BBC America) probes Russia's changing military.

MEAN GREEN
A wee evil one wanders into Las Vegas in the 1995 sequel **LEPRECHAUN 3** (7 p.m., Sci Fi).

MIC CHECK, DAWG!
The remaining 11 sing to survive on **AMERICAN IDOL** (8 p.m., Fox).

NOSY PARKER
Gibbs studies Vance's back pages on **NCIS** (8 p.m., CBS).

FUN WITH BRUNO
Scheduled on **DANCING WITH THE STARS** (ABC): recaps (8 p.m.) and results (9 p.m.).

GIANT SLALOM GIANT
Bode Miller returns on **REAL SPORTS WITH BRYANT GUMBEL** (10 p.m., HBO).

THE LEGEND RETURNS
Carol Burnett guest-stars on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

JACQUE BRINON/AP

MEGAWATT: Oscar-winning actress Julia Roberts will be on "Letterman."

THE KING SPEAKS
Ian McShane is scheduled on **THE DAILY SHOW WITH JON STEWART** (11 p.m., Comedy Central).

THE WIDEST OF SMILES
Julia Roberts appears on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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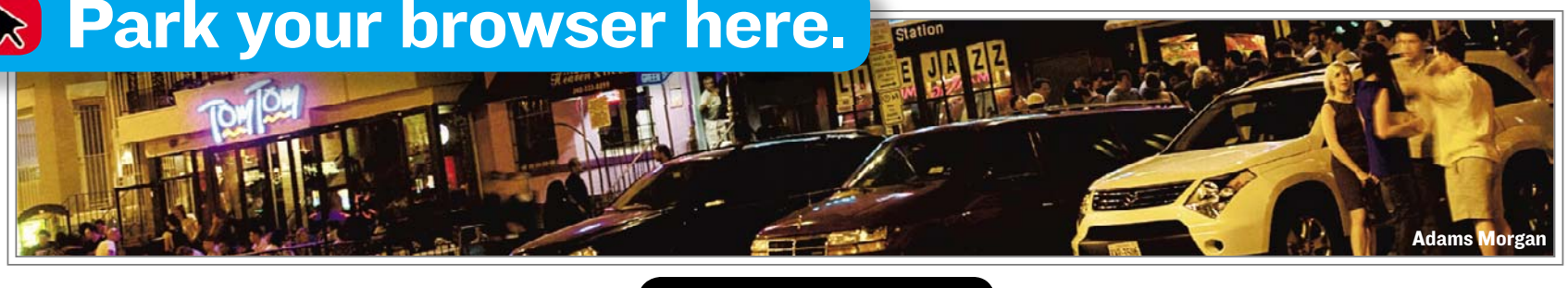

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The Liquor of the Irish

Shamrock the night away with these St. Patrick's Day specials

FOR MORE Saint Patrick's Day activities, log onto **Expressnightout.com/happyhours**

HAPPY HOURS | The thing about St. Patrick's Day is that the term "happy hour" almost ceases to apply. It's more like "happy several hours" or "happy day." Or possibly "happy worst Wednesday of your working life."

Nevertheless, D.C. loves St. Patrick's Day, and since all the parade festivities took place over the weekend, all you can really do now to celebrate is drink. Here are a few places you can go after work to get in on the spirit.

First of all, you want an authentic Irish pub. But if you can't afford a plane ticket, you'll have to settle for the Dubliner, which we were once told "smells just like the pubs in Ireland." Good enough for us. There will be Irish music and general rowdiness from 10 a.m. onward — but there's also a $10 cover charge, so make sure you have cash.

If that cover ruins your Irish cheer, try James Hoban's in Dupont Circle. The folks there will be serving kegs and eggs starting at 8 a.m. and more Irish food later on. There's no cover charge; just good, old-fashioned beer-for-breakfast fun.

If you're really looking for a miserable, call-in-sick Wednesday morning, try the Rock & Roll Hotel's ominously named Party Till You Puke event. PBRs for $3, $4 Jameson cocktails — including the "Irish Honey," which involves Wild Turkey bourbon, Jameson and a whole lot of headache the next day — and no cover charge will probably have young people flocking here. The free shuttle back from H Street at 2 a.m. is going to be messy.

FIONA ZUBLIN (EXPRESS)

MARGARET THOMAS/TWP

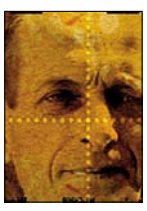
The best St. Patrick's parties leave you looking like this: rosy-cheeked and puffy.

→ *Dubliner, 520 North Capitol St. NW; 202-737-3773. (Union Station)*

→ *James Hoban's, 1 Dupont Circle; 202-872-1122. (Dupont Circle)*

→ *Rock & Roll Hotel, 1353 H St. NE; 202-388-7625.*

topstops



2 To Catch A Criminal

Adolf Eichmann, the SS officer often identified as the man who organized the Holocaust, was a tough man to track down. He fled to Argentina after World War II, and it too 15 years to find him, capture him and bring him to trial for war crimes. In "Hunting Eichmann," author Neil Bascomb tells the story of the dedicated group, including a nascent version of the Israeli intelligence agency the Mossad, that scoured the globe to find Eichmann, and the resulting international manhunt and covert operation that finally led to his capture. F.Z.

→ *Politics and Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness)*

DAYNA SMITH/TWP

1 Cooking With Glass

Although blown glass is often relegated to the realm of tchotchkes and drug paraphernalia, artist Graham Caldwell has used the medium to create whole new universes. His latest art show, Light Field View, is a display of glass creations resembling exotic plants, undersea creatures and alien landscapes. Caldwell's understanding of light and its interaction with glass is unparalleled. You'll never think of glass art in the same away again. F.Z.

→ *G Fine Art, 1515 14th St. NW; through March 31, free; 202-462-1601. (U St.-Cardozo)*

DCAC

3 Science Class Recap

You might remember something about genetic drift from high school biology class — something to do with small mutations that, over time, enact great change in the genes of a population. If you'd like a refresher, artist Gretchen Schermerhorn has used the concept to explore the intersection of art and science in her new show at D.C. Arts Center, "Genetic Drift." Her work involves small changes that migrate from one piece of art to another, making the show a living, fascinating whole. T.H.

→ *D.C. Arts Center, 2438 18th St. NW, through Sunday, 2 p.m.-7 p.m., free; 202-462-7833. (Dupont Circle)*

Compiled by Express' Fiona Zublin and Tahirah Hairston. Read more of their picks every day at **Expressnightout.com/topstops.**

thescene

MIKE DERER/AP

Just Don't Run Away and Join It

SO, MAYBE YOU'LL GET a little bit rowdy on St. Patrick's Day. You'll think, "I can definitely drink on a Tuesday!" and go for the gusto. Two days from now, when you wake up from your green-beer-induced coma, you'll feel like you never want to go out again. A day after that, you'll have sworn off alcohol for life. Now you need to find a diversion this weekend that won't lead you into the path of temptation.

How about a return to childhood? The Ringling Bros. and Barnum & Bailey Circus (Verizon Center, 601 F St. NW; 202-628-3200) is in town, and you can hit up the big top.

OK, it's not really a big top. Sorry. It's just the Verizon Center. But it'll be filled with tigers, elephants and acrobats. You can watch trapeze artists and clowns, munch on popcorn and peanuts, and try to pretend that you're not the oldest person there without a child in tow.

Afterward, you can revel in the freedom to act like a child that comes with being an adult, since no one is monitoring your food intake but you. Red Velvet (675 E St. NW; 202-347-7895) is right down the street. Your childlike taste buds will love the vanilla bean cupcake.

If you want a real dinner, go around the corner for childlike comfort food at Ella's Wood Fired Pizza (901 F St. NW; 202-638-3434). If you go before the show, you can take advantage of the $5 happy-hour pizzas at the bar. Just save room for peanuts. FIONA ZUBLIN (EXPRESS)

Explore our searchable list of the area's events, venues, restaurants and movies at **Expressnightout.com/thescene.**

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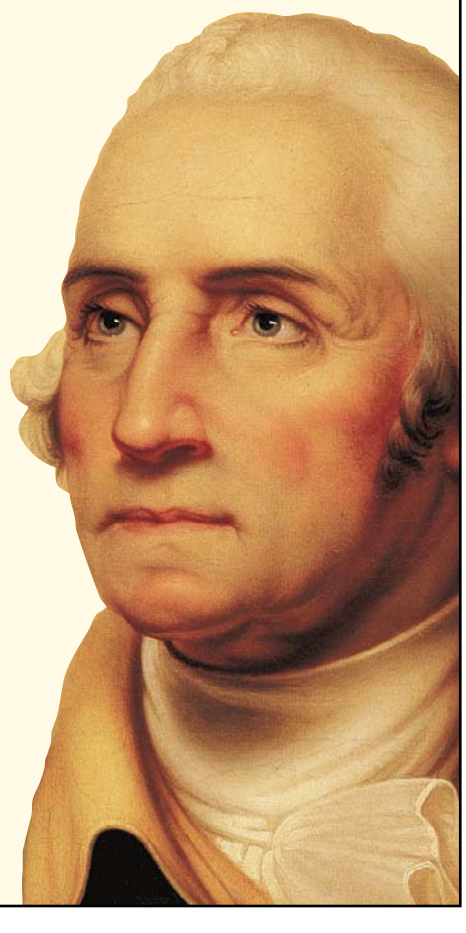

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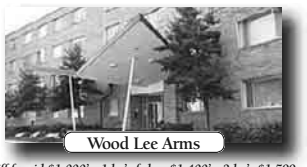

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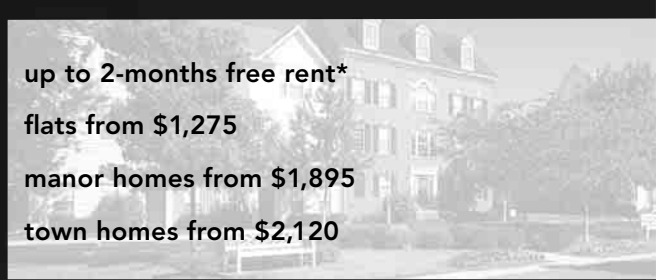

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Cadillac 2006 XLR — 2006 XLR Roadster, $37,999, Excellent cond, 6k mi, Navigation, Beige int, Gold ext, 2 dr, Htd Seats, 301-346-8369

Chevrolet 1981 Corvette — Coupe, $12000, Excellent cond, 81k mi, Tan int, Red ext, 2 dr, Automatic, 202-391-7369

Chevrolet 1981 Chevette — $12000.00 obo, Excellent cond, 81k mi, Tan int, Red ext, 2 dr, Lthr Int, Automatic, 202-391-7369

Chrysler 2002 Voyager — LX, $4,500, Excellent cond, 94k mi, Blue int, Blue ext, 5 dr, alloy wheels, ABS, MD Inspected, 703-338-8344

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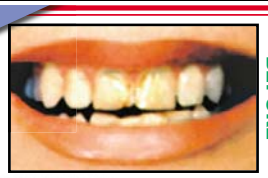

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Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Trends

When life gives you lemons, trade them for Internet infamy

Take the social-networking power of Facebook. Sprinkle in the immediacy of Twitter. Mix in a dash of PostSecret style oversharing. Then simmer.

What's the dish?

Confessions like these:

Holding

"Today, I was standing on a crowded bus going home after school. A wriggling 5-year-old boy and his mum left the seat to get off the bus. Since no one looked keen to sit on the seat, I did, only to find out that it was covered in pee. FML"

"Today, I was studying for a final when I noticed all I had was a blue highlighter. I decided to drive to the store to get a yellow one, and on the way I got $200 worth of traffic tickets for not stopping at a stop sign. So, I basically spent $200 because I prefer yellow highlighters over blue. FML"

Welcome to F*** My Life (Fmylife.com).

Now in its third month of existence, the minimalist Web site — reminiscent of Craigslist — has struck a nerve with the Web's woe-is-me set. It already boasts 700,000 daily unique visitors and 35,000 Facebook fans stretching from Canada to Lithuania.

"It's taken off because it's halfway between voyeurism and exhibitionism, isn't it?" said 37-year-old Alan Holding, who helps run the site from his pad in Beziers, France. "If you've got something embarrassing that's happened to you, you can post it anonymously on the Internet and the whole world can either [mock you] or empathize with you."

The premise is simple. Users submit a story in the format that begins with "Today" and concludes with "FML" (standing for "[expletive] my life"). What goes in between is entirely up to the submitter, but, typically, it's a few sentences depicting a funny true-life anecdote. It's less dramatic pity party and more shared camaraderie over the unexpected — and often silly — scenarios that happen to us all.

Fmylife.com's appeal has international roots: It's the English language spin-off of the wildly popular French Web site Vie de Merde (Viedemerde.fr). Created by French 19-year-old Maxime Valette in January 2008, Vie reached 10,000 daily visitors after just two weeks. Today, it's more like 400,000, the now 20-year-old Valette said via e-mail. It's no wonder he decided to release a compilation of the site's most hilarious anecdotes in book form last October.

Holding, an expat Brit and a fan of Vie de Merde, signed on in November to help develop F*** My Life in English. Since its January launch, the site's been a full-time gig for the former phone engineer — and a relaxed one at that. "It's a pretty rare job where you can work in your underwear and watch films at the same time," he said.

Not that he and his six co-workers are trying to make bank. Advertising takes up a minimal amount of space on the page, so money-making opportunities are slim. It's more of a labor of love, he said. The site developed so quickly that Holding hasn't even met his fellow FMLers in arms, who range in age from 18 to 40 and work remotely from French locales such as Marseille and Reims.

For now, he'll continue promoting the site and pitching in with the moderation of hundreds of daily submissions, which sometimes includes a little extra effort on his part. With 90 percent of the site's visitors streaming in from the United States, Holding — who has been to the U.S. only once — admits he's occasionally perplexed by what Yanks are whining about.

"There was one story and they mentioned a certain product from Dairy Queen," he said. "We don't have Dairy Queen over here. I didn't know what that was. So, I had to Google it to know what the bloke was talking about."

Could it be a Blizzard — DQ's signature ice cream treat?

"Yeah, that's it. They serve it upside down. I couldn't understand why it was falling down, so I had to look it up."

Holding said he and his cohorts hope that future launches — such as potential Spanish- and Chinese-language sites — can lure more of the world into their international community of commiseration.

"It's amusing to see people from India empathizing with people from Canada," he said. "It's quite nice, actually." KRIS CORONADO (EXPRESS)

Misery Loves Company

> "It's taken off because it's halfway between voyeurism and exhibitionism, isn't it?"
>
> ALAN HOLDING, FMYLIFE.COM FOUNDER

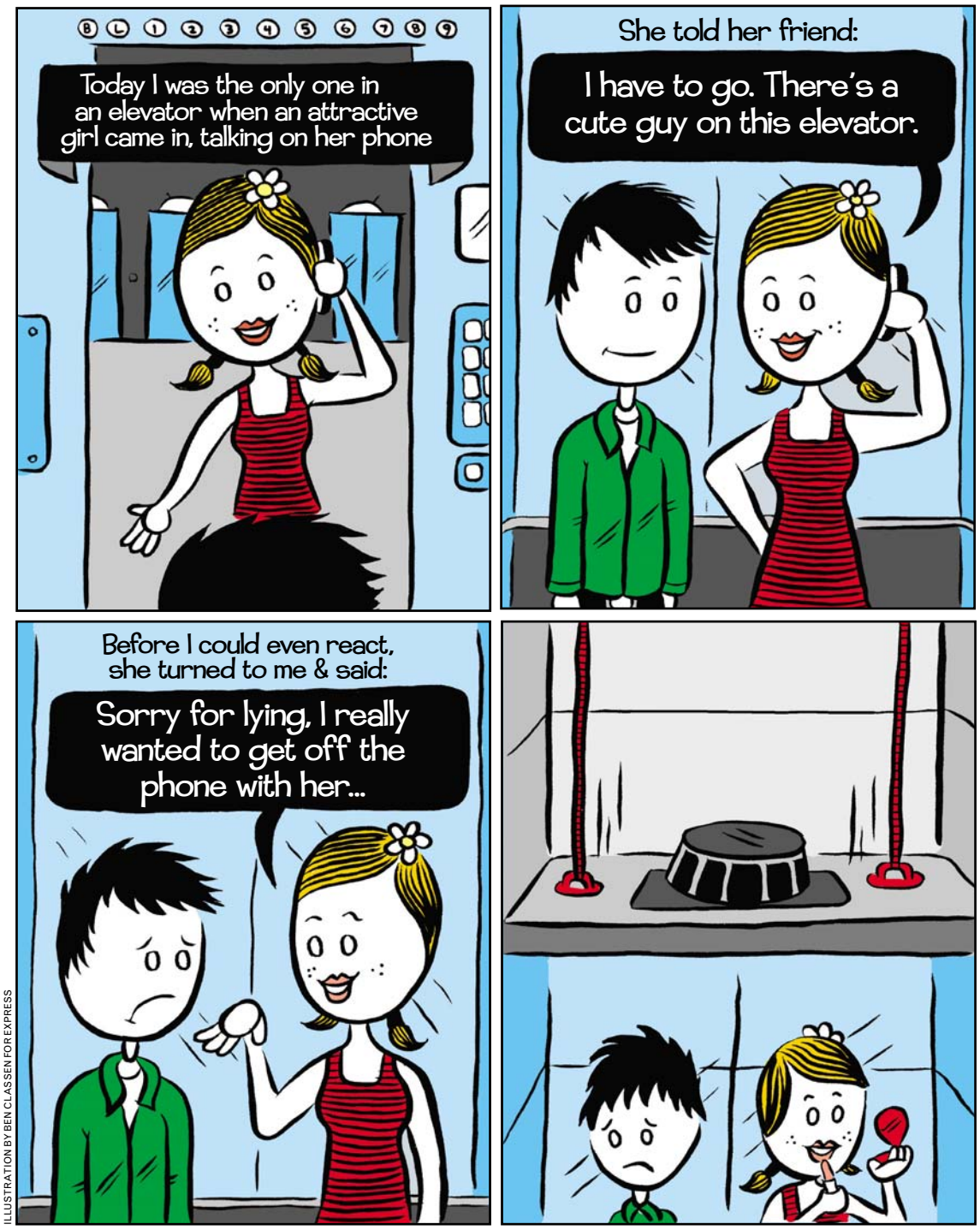

ILLUSTRATION BY BEN CLASSEN FOR EXPRESS

Online now: For a link to this story and more original Express features, visit **Expressnightout.com.**

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CD REVIEW

Fist Bump

The CD cover for MSTRKRFT's sophomore album, "Fist of God," is so obnoxious that it's actually fitting. Roxana Hadadi interprets it to mean MSTRKRFT is here to rock your body and punch its electro-house stylings straight to your brain. The duo plays at Sonar in Baltimore on April 4. | ONLINE NOW

SOUND BETS

On the Rock

May Tabol sings like she has rocks in her mouth. That's not an insult: Her distinctive voice is what gives Pree's hypnotic indie-folk songs their personality. Pree celebrates its CD release party Thursday at the Black Cat, and Christopher Porter talked to Tabol about her special sound. | ONLINE NOW

ENTERTAINMENT

Warning Signs

Will Oldham's latest album as Bonnie "Prince" Billy is titled "Beware." The cover depicts Oldham's silhouette in half-profile, somehow managing to look more ominous than an actual skull. So, what exactly is it that Oldham is warning against? Meg Zamula has the answer. | ONLINE NOW

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU FEEL MORE OPTIMISTIC ABOUT THE ECONOMY AFTER LAST WEEK'S STOCK MARKET RALLY?

NO 63% | **YES** 37%

"Feel more optimistic? Are you serious? Of course not. This is just another bear market rally like we had last November. I guess everyone forgot how that turned out, huh?"

COMMENTER COMMON KEVIN, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU FEEL MORE OPTIMISTIC ABOUT THE ECONOMY AFTER LAST WEEK'S STOCK MARKET RALLY?"

"I've felt optimistic about the economy since Bush and Cheney and the rest of the Republican domination were voted out back in November."

AN ANONYMOUS COMMENTER, WHO ADDED, "MOST OF THE GANG THAT PUT US IN THE MESS ... ARE OUT OF WORK NOW."

"Wall Street won't be happy until several million more Americans lose their jobs. Then the greed-heads will see mass unemployment as their ticket to bigger profits."

COMMENTER PHILIMUS, WHO ADDED, "TOO BAD THERE WILL BE NO ONE LEFT TO BUY ANYTHING."

SEE HOW YOUR METRO STATION VOTED AT **EXPRESSNIGHTOUT.COM/POLLCENTER**

Blog LOG

"What's the best way to save a failing neighborhood grocery store? Install a wall of beer and host monthly tastings, apparently."

WEREOUTOFHERE.WORDPRESS.COM WAS SURPRISED BY THE POPULARITY OF BEER AND WINE EVENTS AT WESTOVER MARKET IN ARLINGTON.

CHERYL SENTER/AP

"Meghan seems like an intelligent, thoughtful woman whose ideas could certainly help Republicans when they need it most."

A COMMENTER AT **JEZEBEL.COM** DOES NOT THINK RADIO HOST LAURA INGRAHAM'S RECENT CRITICISMS OF MEGHAN MCCAIN — INCLUDING POKING FUN AT HER WEIGHT — WERE APPROPRIATE.

"Imagine yourself at a concert full of loners, singing the same loner music they've loved since their painful teens along with their Jesus of loners."

CONVERSATIONSWITHMUD.BLOGSPOT.COM DESCRIBES HIS EXPERIENCE AT THE MORRISSEY SUNDAY AT WARNER THEATRE.

"MAYBE I'M JUST totally out there on this one, but it seems to me, if you are in sweats, leisurely walking your dogs at 8:30 in the morning, and someone else who is clearly dressed for work is walking toward you, you should fall back a step so that the working person can continue on her way."

TALENTEDUNEMPLOYEDJD.BLOGSPOT.COM IS TIRED OF WALKING IN THE MUD BECAUSE, "IN [HER] NEIGHBORHOOD ... EVEN THE DOGS ARE RAISED TO BE SNOBBIER THAN [HER]."

Discussions

HIV/AIDS in D.C.

DR. SHANNON HADER, director of the HIV/AIDS Administration at the D.C. Department of Health, was online Monday and discussed the infection rate, which is the highest in the nation — higher than even West Africa's.

Do we have any data on the primary drivers of HIV/AIDS cases in the District? Is it intravenous drug use, unprotected sex, transmission from mother to child in utero or through breast milk?

Our data reflect plenty of ongoing transmissions by every mode: sex among men who have sex with men and among heterosexuals, and ongoing transmission related to injection drug use. In 2005, the District also had a number of cases related to mother-to-child transmission.

In light of this alarming data, do you foresee additional funding from the federal government for prevention?

What these data point out for D.C. is that we have a serious HIV epidemic right here at home. What we also know is that the right combination of evidence-based interventions, including testing, condoms and serious decisions around relationships, can make a large prevention difference. I believe strongly that we are entering a time where a strategic increased investment in and accountability for HIV prevention, as well as the platform of health care reform to ensure full coverage for persons living with HIV, will have a major impact.

Will the District Department of Health and Council Chairman David Catania be revisiting their funding decisions that, since 2006, channel the majority of grant funding for HIV/AIDS services to Whitman Walker Clinic and Unity Healthcare which, in effect, shut down smaller, community-based/targeted providers who were addressing the problem based on the unique demographic that they served?

Actually, the HIV/AIDS Administration supports over 70 organizations with over 150 grants. In addition, the Effi Barry Capacity-Building Initiative, a two-year organizational training program started in 2008, focuses on building the organizational and technical capacity of small, ward-based organizations.

TODAY ON DISCUSSIONS: Washington Post staff writer Paul Farhi talks about the latest news, personalities and trends in the world of pop culture at 1 p.m. | **washingtonpost.com/discussions.**

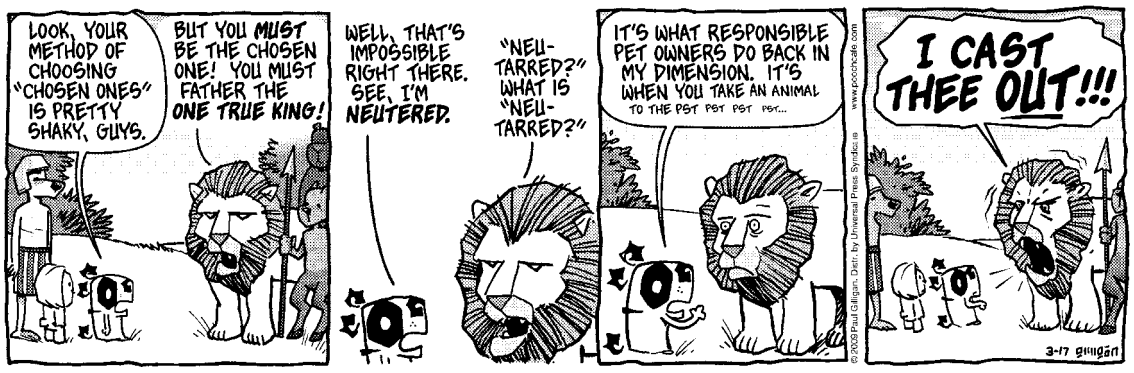
Look out

Bizarro | *Dan Piraro*

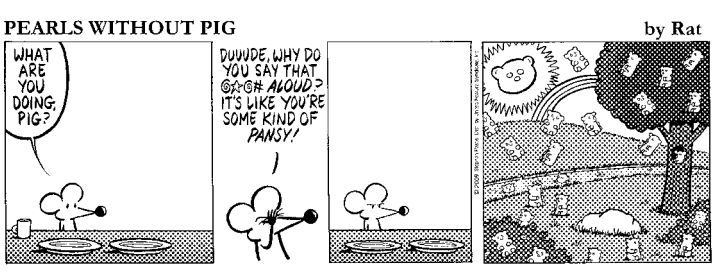
Cornered | *Mike Baldwin*

The old bad-cop, good-cop routine

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

PISCES (Feb. 19-March 20) You're starting something new and exciting at this time, but you may make a false start. Never fear — recovery should be quick and easy.

ARIES (March 21-April 19) What happens early in the day will, as usual, inform much that follows. The advice you receive from a friend or partner can surely make a big difference.

TAURUS (April 20-May 20) You may make a new friend who, very soon, can become a valuable professional contact, too. You share both ideals and intentions.

GEMINI (May 21-June 20) A late start is nothing to fear — provided you are ready to pick up the pace and make up the time. Focus on doing things in order.

CANCER (June 21-July 22) You and a partner may be at cross-purposes for a time, until you realize, quite suddenly, that you've not yet talked about how things are to be done.

LEO (July 23-Aug. 22) You can offer something new and different to those who come to you for help. Avoid hands-on assistance, but give advice and guidance freely.

VIRGO (Aug. 23-Sept. 22) You can impress those around you with your ability to keep a number of balls in the air. Multitasking is something you're used to.

LIBRA (Sept. 23-Oct. 22) You'll have a chance to make new rules that favor your efforts and your intentions. Others are likely to sign on eagerly.

SCORPIO (Oct. 23-Nov. 21) Those who are looking to you for guidance or inspiration aren't likely to be disappointed — though they may be surprised by what you have to say.

SAGITTARIUS (Nov. 22-Dec. 21) Seek a better outlet for your creative energies at this time. You're in no mood for doing things the old-fashioned way.

CAPRICORN (Dec. 22-Jan. 19) Your powers of deduction can serve you and others well as you try to solve a mystery that has been hanging on for some time. The solution is at hand.

AQUARIUS (Jan. 20-Feb. 18) Be willing to focus on both quantity and quality. An imbalance will do you and those around you a disservice.

Letters

Cell Phone Use Affects Data

IN RESPONSE TO Dino Drudi's letter ("CDC Subject Baffling," March 16), the story said the use of landline telephones is significant because that's how most health surveys are conducted. Knowing so many households rely on cell phones suggests such surveys may not paint an accurate picture, since there is a significant impact on the reliability and validity of the data collected. Also, though not discussed in the story, public health organizations also study phone use in connection with emergency preparedness and disaster plans.

—E. HURLEY
Silver Spring, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

461 St. Patrick, the patron saint of Ireland, dies in Saul.

1906 President Theodore Roosevelt first likens crusading journalists to a man with "the muckrake in his hand" in a speech to the Gridiron Club in Washington.

1950 Scientists at the University of California at Berkeley announce they have created a new radioactive element, "californium."

1959 The Dalai Lama flees Tibet for India in the wake of a failed uprising by Tibetans against Chinese rule.

AP

David Paterson, right, is sworn in.

1999 Instant replay is voted back in the NFL for the 1999 season.

2008 David Paterson is sworn in as governor of New York; he succeeds Eliot Spitzer.

PostPoints DAILY CODE DY

Look out | People

STAURT RAMSON/AP

Andy Samberg's thrilled to host a gig.

EMCEE

Critics: 'Hot Rod' Majorly Eligible for Serious Awards

ANDY SAMBERG will host the 2009 MTV Movie Awards. It will be Samberg's first time as host of the event, to air live from Universal City, Calif., on May 31. Samberg says he was a writer for the annual show before landing his gig on "SNL." (AP)

IN COURT

Anna Nicole Smith's Former Psychiatrist Surrenders

L.A. police say psychiatrist Khristine Eroshevich has surrendered to face charges of excessively prescribing drugs to **ANNA NICOLE SMITH** before Smith's overdose death in 2007. The doc posted the $20,000 bail. (AP)

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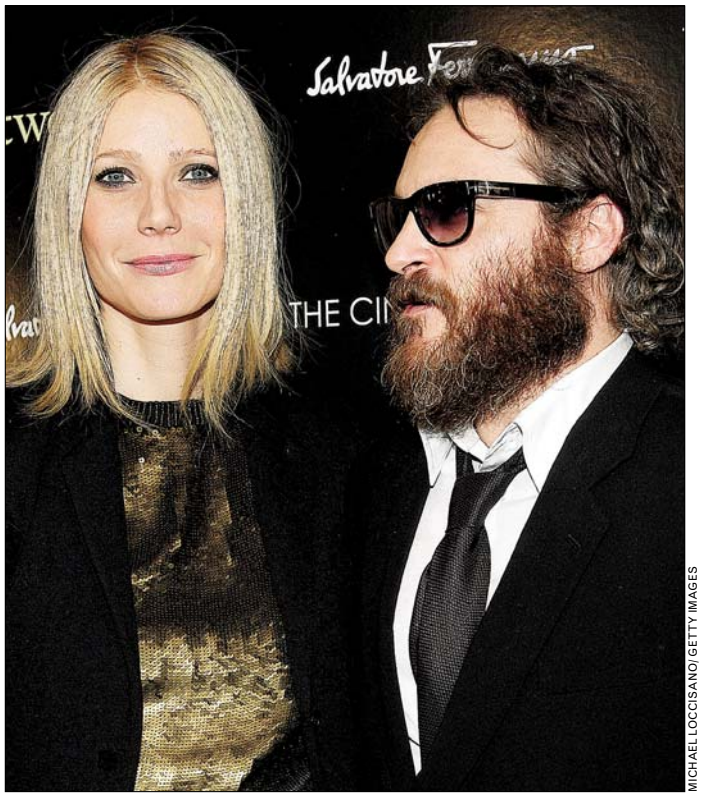
→ Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.



MICHAEL LOCCISANO/GETTY IMAGES

CULTURE

GOOP Gets Heavy

When asked about the erratic behavior of her "Two Lovers" costar, **JOAQUIN PHOENIX**, actress **GWYNETH PALTROW** didn't hold back with MTV Europe. "I can't believe that he's really going to quit [acting] forever to become a rapper." The sometimes-lifestyle blogger suggests Phoenix go find himself. "Maybe to go live in the projects for a few years to get some authenticity." (EXPRESS)

ARRIVALS

Hollywood Couple Misread Instructions, Shame Babies With Normalcy

Opting for Bob and Max over Apple, the Sheens mess up.

"Two and a Half Men" star **CHARLIE SHEEN** and his wife, Brooke Mueller Sheen, are the parents of twin boys. Publicist Stan Rosenfield says the babies, Bob and Max, were born Saturday night in Los Angeles. Rosenfield says Mueller Sheen is "doing great," and that the father is "ecstatic." The twins are the first children for the couple, who married last May. Charlie Sheen shares custody of two young daughters with ex-wife Denise Richards and has an older daughter with Paula Profit. (AP)

DIAGNOSIS

Shock Jock: 'I Have Cancer'

DON IMUS says he's battling stage two prostate cancer. The 68-year-old shock jock made the surprise announcement on his morning radio show, which airs from New York. Imus says he was diagnosed last Wednesday, but he's voicing faith that he'll have a full recovery. Imus now works for ABC Radio Networks and cable's RFD-TV. He was fired by CBS Radio and MSNBC in spring 2007 for a racial slur. (AP)

BUDGET TRAVEL

Economy Forcing Couples To Honeymoon With In-Laws

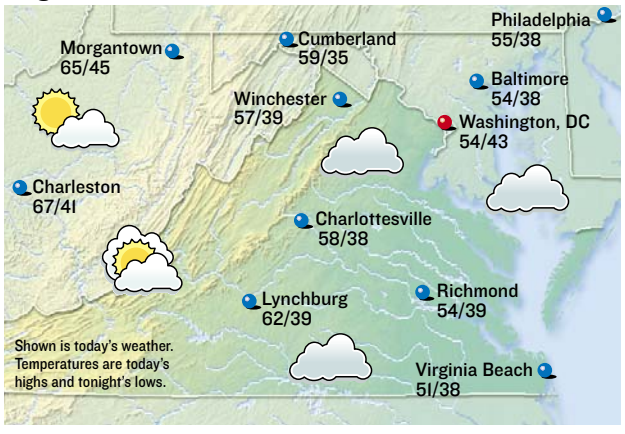
Newlyweds **GISELE BUNDCHEN** and **TOM BRADY** are in the model's hometown so she can introduce her new husband to her family. The supermodel and the quarterback are in the southern Brazilian city of Horizontina for the 83rd birthday of Bundchen's grandfather. (AP)

These kids must be saving up for Paris.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Clouds breaking	Mainly clear	Partial sunshine	Cloudy, rain possible	Mostly sunny	Mostly sunny
54°	43°	67° / 45°	58° / 36°	51° / 35°	59° / 41°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2009

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	49°
Low	43°
Normal high	56°
Normal low	37°
Average humidity	81%

Precipitation

24 hours ending 4 p.m.	0.02"
Month to date	0.69"
Normal month to date	1.88"
Year to date	3.72"
Last year to date	7.75"
Normal year to date	7.72"

For up-to-the-minute weather, see: **washingtonpost.com/weather**

Regional Forecast

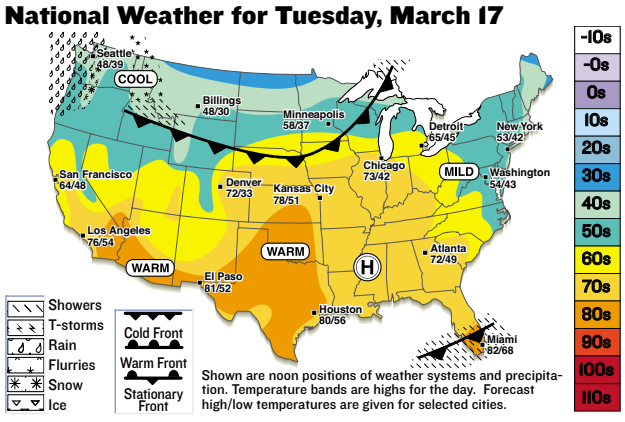
D.C. Metro: Today, cloudy early, sunny late. High 54. Wind southeast 6-12 mph. Tonight, clear. Low 43. Wind southeast 5-10 mph.

Sun and Moon

Sunrise today	7:16 a.m.
Sunset tonight	7:17 p.m.
Moonrise today	1:35 a.m.
Moonset today	10:43 a.m.

Last	New	First	Full
Mar 18	Mar 26	Apr 2	Apr 9

National Weather for Tuesday, March 17



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	72/49/pc	72/50/s
Boston	44/35/s	56/41/pc
Chicago	73/42/s	57/30/r
Dallas	80/55/s	81/51/s
Denver	72/33/pc	58/31/pc
Honolulu	78/64/c	79/70/sh
Los Angeles	76/54/s	80/56/pc
Miami	82/68/pc	79/67/pc
New York City	53/42/pc	55/46/pc
Orlando	78/62/c	79/61/pc
Seattle	48/39/sh	51/40/r

World Cities

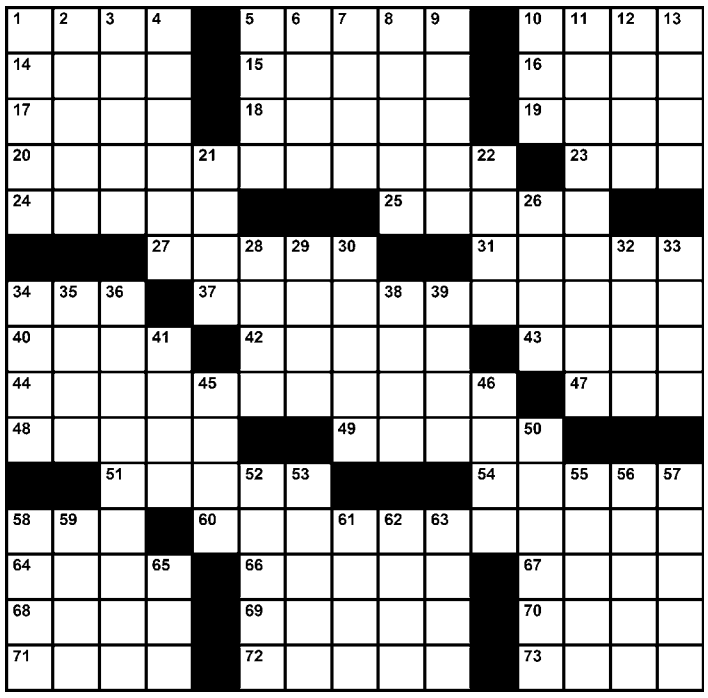
City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	50/36/c	46/38/c
Athens	60/47/r	58/44/pc
Berlin	49/27/sh	43/28/pc
Buenos Aires	79/57/s	79/61/s
Calgary	38/15/pc	46/25/c
Dublin	54/41/pc	55/39/s
Geneva	59/34/s	59/35/s
Moscow	34/25/sf	34/27/sn
Rome	61/41/s	61/43/s
Sydney	77/63/s	79/64/s
Tokyo	61/45/s	66/50/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOK out

CROSSWORD | HOME FURNISHINGS

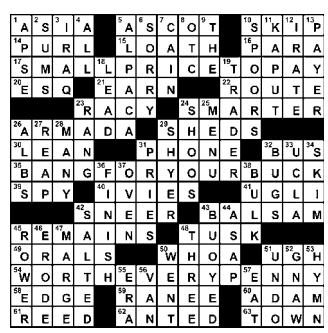
EDITED BY TIMOTHY E. PARKER



ACROSS
1 Fruit-juice alternative
5 Thick portions
10 Part of a billiard table
14 Persian Gulf native
15 Klink's prisoner
16 Central line
17 Snares
18 Maine college town
19 Daughter of Ming the Merciless
20 Rat
23 Watering hole
24 ___ incognita
25 Kind of pen?
27 Tight spots
31 Wiped out
34 Columbus inst.
37 Ten-toed sloth?
40 Supplicant's request
42 Mysteriously spooky
43 Disagreeable obligation
44 Poker rules
47 Push, to blackjack players
48 Word with "cough" or "corn"
49 Kind of badge
51 "Love Story" novelist Segal
54 Former phone features
58 Sniggler's pursuit
60 Meeting manager
64 Chip's buddy
66 Heckelphone relatives
67 Diva Moffo
68 Color for a wolf or whale
69 Sandwich pockets
70 Thought-provoking
71 Otherwise
72 Turn on
73 Causes an unearned run

DOWN
1 Is able to, to Shakespeare
2 Speak like a senator
3 Prebirth period
4 Act like a sponge
5 Kind of steward
6 Petty in "Free Willy"
7 Eager
8 Nemeses
9 Condescending type
10 U.S. airspace monitor
11 Cheerful
12 One-time Italian currency
13 Ruler of the past
21 Not of the cloth
22 Allied org.
26 Guy who stood behind Michael Jackson
28 Statements of opposition
29 Carpenters' work?
30 Word of dismissal
32 It has notions
33 Apothecary measure
34 Horse nibbles
35 Dispatch a dragon
36 Rainy day necessities
38 Boot camp outing
39 Equal
41 Utter indistinctly
45 Of unusually great size
46 One of six on a cube
50 Harangue
52 Lamb or pork servings
53 Hard thing to kick
55 Moore's TV co-star
56 Unsocial sort
57 Zipper alternatives
58 Upper hand
59 British peer
61 Jot
62 Parking location, perhaps
63 Call to share a secret?
65 Part of a hurricane

Yesterday's Solution



SUDOKU | MEDIUM

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		9				4		
1		2				7		3
3	6			4			8	9
			6		5			
8								1
			3		7			
2	1			6			4	5
6		4				9		8
		3				6		

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

2	3	8	7	6	1	4	9	5
5	4	9	2	3	8	6	7	1
1	7	6	5	4	9	2	8	3
8	2	3	1	5	7	9	6	4
9	6	4	8	2	3	5	1	7
7	5	1	4	9	6	8	3	2
3	8	2	6	7	4	1	5	9
6	9	5	3	1	2	7	4	8
4	1	7	9	8	5	3	2	6

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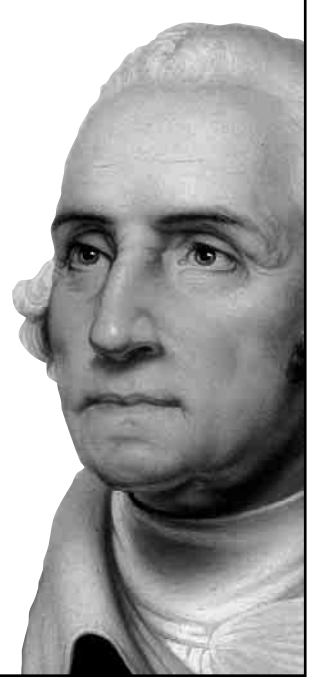

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fit

Keep aches away by preparing for runs the right way E4

Celebrate St. Patrick's Day with something more slimming E3

Spend a day (and night) exploring Spa World E6

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cook of love

'TOP CHEF' RUNNER-UP CARLA HALL DISHES UP COMFORT FOOD WITHOUT SACRIFICING FLAVOR E5

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

What's Needed To Revive This Friendship

Q A guy who was once one of my closest friends recently found me online. We started e-mailing like it was old times, but four years had passed since we last spoke. (He refuses to comment on why he stopped talking to me.) He is acting nice to me and was there for me when my mom was briefly hospitalized. He even signs his e-mails "xoxo," which, since he has a girlfriend (she knows we are platonic), sort of confuses me. Does this mean he values my friendship even more and has buried the hatchet with me? I am dying to ask but am afraid to see what he will say. — NO NAME PLEASE

"It's alright to be confused LuvRboy324. That's why we're here."

ERIC REECE

Well, a general rule of thumb is that hugs and kisses don't usually coincide with hatchet-wielding.

Does it sound like he hates you? Clearly not, unless he's being manipulative. Beyond that, we can't know, which leaves questions such as what his motives are, why he behaved so immaturely in the past and whether he is doing it again by blowing kisses at you from cyberspace.

I am getting the feeling that you want me to tell you he's in love with you and that this explains his past and current behavior. But here's what we have at face value: He mistreated you before and is now possibly mistreating his girlfriend, too. That doesn't exactly make me want to sing you two a power ballad.

What are your feelings for this guy? If you want him to love you, be reminded that he has a girlfriend. If you simply want to resume your friendship, be reminded that he didn't act so noble before, and if he doesn't come clean with what his behavior is and was all about, he's not improving his status.

Not So in Awe of Her Sister-in-Law

Q My brother's wife is catty, rude and overbearing. She interrupts constantly, talks only about herself and makes passive-aggressive remarks about what I'm eating, when I'm going to "find a man" and what I'm doing for my job. She is always talking about her perfect college experiences and how she traveled abroad and had all this fun. Mine is not like that. My parents (who I live with) like to make people feel welcome. But she is walking all over them. She attends every family function now, and even her family sometimes, too. They are loud and disgusting. I don't want them as part of my family. — HELP!

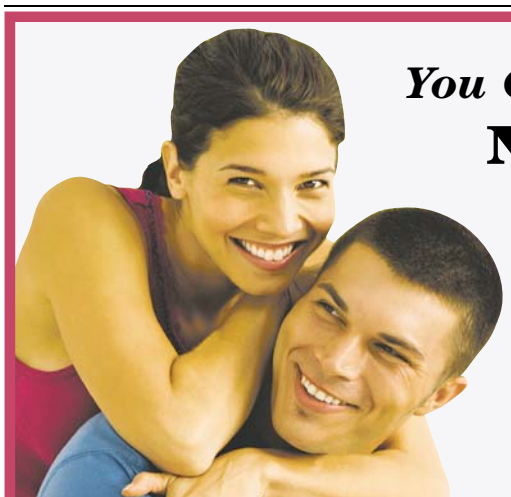
I feel your frustration. Believe me, it's palpable. But there are a few X factors here, such as your brother. Is he bothered by her behavior, too? Is he in denial? Or is he just as obnoxious as she is, creating a union too cringe-worthy to contemplate?

And is there a backstory here that's hurting your objectivity? No doubt, this woman isn't Miss Congeniality, but is your reaction to her totally justified? (Might you enlist a friend to give you a second opinion?)

If you're going to intervene, whether with her or (depending) with your brother, you'll need to do it privately, subtly and gently. Hide your grimace long enough to make it seem that she herself is fine, but that a couple simple, specific transgressions of hers are not. "I like hearing Monica's opinions, but sometimes I feel like she steps on my toes a bit/comes on a little strong."

Finally, you might want to ask yourself some tough questions, too. Is jealousy involved? Or possessiveness of your family? When someone hits us where it hurts, surely it's important to try to stop uncivil behavior. But it also can help to find out just why we bleed.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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NEW IN HEALTH

warm ups

DIVIDE, CONQUER

Sports bras often think their job is to capture breasts rather than secure them — thus, they create those unflattering uniboobs. But the Unbelievabra Shortee ($75, Shapeez.com) manages to provide two comfy compartments while wicking away sweat. No back straps means they practically disappear under clothing.

FOR THE MOMENT

"Yeah Dave's Guide to Livin' the Moment" ($14.95, Broadway Books) is written by yoga instructor David Romanelli. So, of course, he recommends happy baby pose and warrior two. But he understands if your route to happiness is paved with chocolate, wine and heavy metal.

HOLE NEW THING

AIG execs might want to spend their fat bonuses on the Garmin Approach G5 ($499, Amazon.com). The GPS device comes loaded with thousands of golf course maps (including East Potomac Park), so you'll always know your exact position — and can avoid all hazards.

BALK THE LINES

Real tanning leads to wrinkles, but the subtle fake bake that comes in Yves Rocher's Inositol Vegetal Skin Optimizer ($22, Yvesrocherusa.com) fights fine lines instead (with rice extract. Just go with it.) But remember there's no SPF, so you'll still need to slather on sunscreen.

GUINEA PIG

A Real Buzz Cut

■ Almost anyone who likes beer knows popping open a cold one increases your chances of popping a button — or muffin-topping out of your jeans. But most reduced-calorie brews (Amstel, Miller Lite, the supremely dreadful Bud Light) taste like carbonated versions of the water you just bathed a dog in. Still, our tester, a gentleman who has warmed many bar stools downing high-caloric Belgian ales and small-batch stouts, found Red Hook Brewery's new Slim Chance Light Ale ($9, grocery stores; also on draft at many bars) to be a revelation. He thought the 125-calorie-per-bottle stuff hit the palate nicely and amounted to a hoppy, bubbly and crisp quaff. (Regular mircobrews can have as many as 300 calories in 12 ounces!) The chemical taste so common in mass-market brewskis was mercifully absent, and our picky tester said, "I'd actually buy this at a bar by choice." His only quibble: The stuff didn't get very frothy when poured into a mug — "It was kind of flat," he groused. Still, Slim Chance might allow you to have an extra round without putting on a pound, which he'd toast to any day. JENNIFER BARGER (EXPRESS)

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BODYTALK

Joint-Friendly Jogging Tips

■ Despite popular belief, there's no evidence that running (downhill or otherwise) puts you at increased risk of joint problems unless you have a preexisting injury. In fact, running on different terrain outdoors trains your muscles in a more balanced way and may help you maintain a healthy weight. (Research shows that fresh-air runners, who encounter wind resistance and elevation changes, burn more calories than treadmill runners do.) Both of these factors can decrease your injury risk.

My advice: Listen to your body. If downhills cause soreness, jog uphill and walk on the way down to minimize the extra impact from gravity's pull. It's also smart to opt for a softer surface when possible. The least jarring is gravel or dirt, but even asphalt is better than concrete; in low-traffic areas, consider skipping the sidewalk in favor of the side of the road.

Another trick to keeping knees healthy: Strengthen the shock-absorbing quad muscles in the fronts of your thighs. Start by adding these moves to your routine twice weekly, doing three sets of 10 reps for each:

➜ **SQUATS:** Sit back as though into a chair, then press into heels and stand. (Don't stop at the top or bottom of each rep.)

➜ **LUNGE STEPS:** Take a large step forward and lower hips until front thigh is parallel to ground, knee directly over ankle. Push off front foot to stand back up. Repeat, alternating legs.

➜ **SINGLE-LEG HOPS:** On one foot, with knee soft, hop forward and back. Do all reps landing on ball of foot. Switch sides. CHRIS FREYTAG (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

GETTY IMAGES

Run Far Away From the Pain

Prevent injuries with smart shoe shopping and the right exercises

There's a saying in the running world: Listen to the whispers and they won't turn into screams. Unfortunately, most folks live up to another adage: Just don't listen. "Seven out of 10 runners suffer injuries serious enough to keep them off the road each year," says Sam Murphy, co-author of "Running Well." What's worse, more than half of those knocks — be they a twinge in the calf or a "Hey-o!" in the groin — are entirely preventable. "They can creep up gradually from overtraining or suddenly from such easily avoidable missteps as buying eye-catching but ill-fitting shoes," Murphy says. Follow these steps to prevent niggling pains from occurring in the first place, and run pain-free forever.

1 Find Your Fit

Determine your foot type by wetting the soles of your feet and stepping on and off a flattened paper bag. Do you see your entire arch? You overpronate (i.e., your feet roll inward excessively), so you require a motion-control shoe, such as Asics' GEL-Evolution 4 ($110, Asics.com). Do you see a thin line on the outside of your arch? You supinate (i.e., your feet don't roll inward enough), so you need a neutral cushioned shoe, such as the Adidas Response Cushion 17 ($80, Shopadidas.com). Do you see half an arch? You're a neutral pronator (the biomechanical ideal). Wear whatever you like.

2 Warm Up

"At 40, the body doesn't circulate blood as efficiently as it did at 20," says Murphy. "A proper warm-up will raise your body temp and juice your circulatory system, making your muscles and connective tissues more supple and less likely to tear." Skip your stretch-and-hold routine and do an active warm-up with shoulder rolls, side bends, knee raises, ankle circles, tiptoes and five minutes of light jogging (or sprints if you're preparing for intervals). When you hit the shower, alternate between 30 seconds of hot water and 30 seconds of cold for three minutes. "Contrast bathing speeds recovery by boosting circulation and reducing inflammation," Murphy says.

> "A proper warm-up will raise your body temp and juice your circulatory system."

3 Beat Back Pain

"A common cause of lower-back pain is tight hip flexors," says Murphy. Keep yours loose by sitting on the edge of a bench and pulling one knee to your chest as you roll onto your back. You'll feel the stretch in the hip of your trailing leg. Let that leg hang off the bench without arching your back. Hold for 30 seconds, switch legs and repeat.

4 Build Your Abs

A strong core greatly reduces your risk of leg injuries, including iliotibial band syndrome (one of the most common causes of knee pain in runners). Why? If your core is strong, your legs won't have to overcompensate to keep your body stable. In addition to bicycle crunches and planks, do the following exercise to strengthen your pelvic floor. Get on your hands and knees and squeeze the muscles you'd normally use to stop a stream of urine. Next, draw in your lower stomach and hold for 10 seconds. Relax and repeat.

5 Vary Your Terrain

Running on pavement exerts a force up to 10 times your body weight on your joints; dirt trails are gentler but increase the risk of sprains; tracks can inflame your Achilles' tendon; and treadmills can shorten your stride. "By varying your terrain, you'll reduce your risk of injury and prevent your muscles from adapting to any one surface," Murphy says. The less they adapt, the more they'll develop and the faster you'll become. STEVE MAZZUCCHI (REPRINTED WITH PERMISSION OF BEST LIFE MAGAZINE © RODALE INC.)

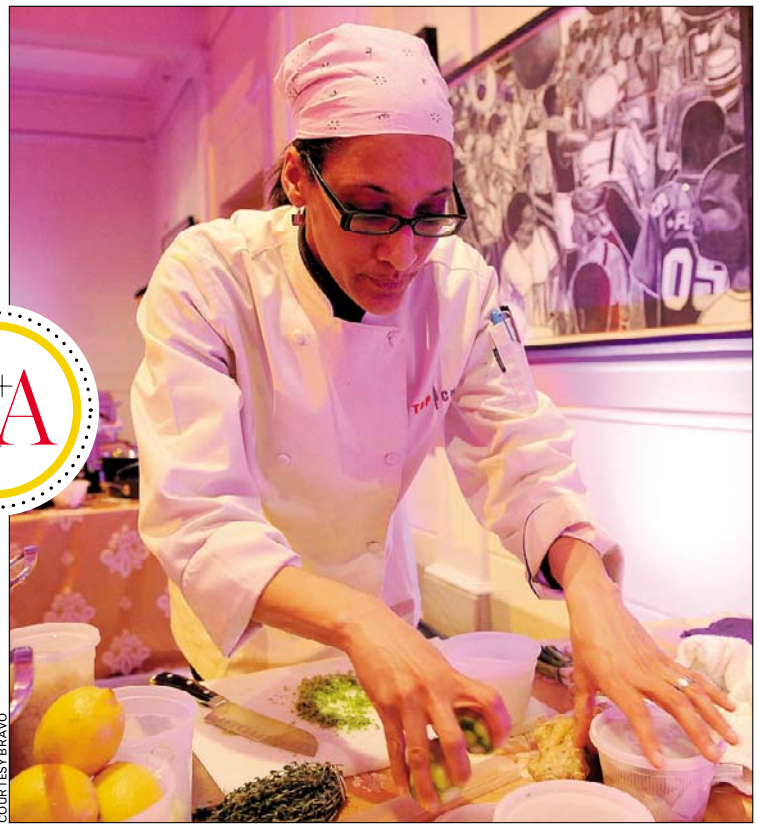
Nutrition | fit

Advice From the 'Top'

Carla Hall's food oozes with love but not always loads of calories

Q+A

Two things made D.C.-based caterer Carla Hall stand out as she sliced and sauteed her way into the final three on Bravo's "Top Chef": big hair and big flavors. Yet her waistline is anything but big. Express got the skinny on her dining habits and how to copy her bold but not-so-bad-for-you recipes.



COURTESY BRAVO

Want a taste of Hall's cooking? She's hoping to open a chef's table downtown.

How on Earth did you learn to cook while modeling? I thought models starved themselves.
It's so funny. All the models I know can eat. I know at least five that will eat you under the table. So, I wish I had some secret I could share about staying skinny, but it's natural.

Even when your specialty is comfort food?
But my food is very light because I want to be able to taste the ingredients. Let's say I'm making greens — which have a lot of vitamin A and vitamin C — and instead of using pork, I may use smoked turkey. I can flavor the water with that. So, I'll blanch the greens with salted water and toss it with oil. I haven't cooked out all the nutrients, and the smoked turkey only adds a little bit of flavor at the end. When you're going after a flavor profile, you don't need that much of it.

In one challenge, you were planning a vegetarian dish but chickened out. Do you eat vegetarian a lot?
I love a good hamburger and lamb, but I don't crave meat. I think you intuitively eat what your body craves, and I crave vegetables and starches. That's what gives me energy. But my husband, he needs meat. I'm also into food combining. You can put a carb with vegetables or a meat with vegetables, but you shouldn't put meat and carbs together. It slows things down.

You seem to have a deep connection to your food.
It's very intuitive for me. When I'm shopping, I get drawn to things and that's what I go with.

OK, I think everyone at home was drawn to those peas you made for Jacques Pepin. How'd you do it?
The first thing is I blanched the peas in salted water so they're crisp and tender. Then I made a lemon thyme butter, which had lemon zest and a little blanched shallots. They're a little sweet, salty, bitter and sour. Any dish is successful when you balance it. Textures, too — they were crisp on the outside and soft inside, so you get that burst. And I love peas, and when you love something, people can tell when they're eating your food.

> "My food is very light because I want to taste the ingredients."

You teach a lot of cooking classes. Is it possible to teach "love"?
I try to. I teach [my students] how to prepare a dish, but I want them to feel it. I always get questions about "How long should I keep this in?" Everybody wants to be so clinical about food. But if your oven is hotter than mine, in 30 minutes, it could be burnt to a crisp. So, I teach what to look for, what you should be smelling. You need to cook with your senses. And if you're connected to your food, you're doing it with love.

You were known on the show for your fabulous desserts. Any ideas for making sweet stuff healthier?
We get that all the time — a client says, "My husband has a stent and he can't eat high-calorie or high-cholesterol food." So, we substitute buttery sticks and silken tofu for cream. For a tiramisu, you can use silken tofu and almond milk, and make your mousse that way.

Crave any healthy desserts?
I love soy ice cream, and there are these vegan cookies at Chez Hareg off of U Street. I love her cookies. I think moderation is the key. When you deny yourself, you just want that thing more. But if you have a little bit, that satisfies the craving and then you can balance it out. VICKY HALLETT (EXPRESS)

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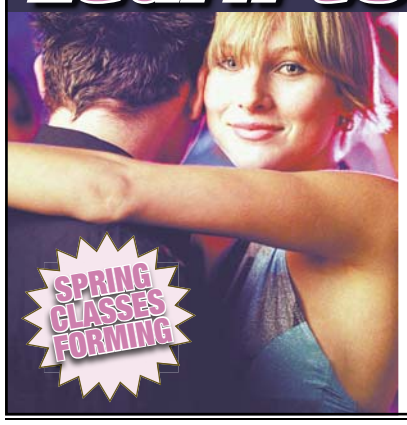

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fit | Looks

Wonders of the World

A Centreville spa offers hours of Korean-style rest and relaxation

The heated floor in the main room at Centreville's Spa World (13830-A10 Braddock Rd., 703-815-8959, Spaworldusa.com) is so comfortable, you could fall asleep there. And that's exactly what Sang Nam, of Bowie, does regularly with her pals as a prelude to a relaxed day of chatting and bathing. "It's a big enhancement of my quality of life — mentally, I'm worlds apart from D.C.," says Nam.

She's also worlds apart from most local spas, which may allow you to linger after a treatment but don't expect you to practically move in.

Spa World, however, follows the Korean model of the jimjilbang, a neighborhood hangout spot devoted to more than just personal hygiene. The rooms offer visitors hot and cold baths, saunas and rubdown treatments, but the biggest lure is the chance to spend time with family or friends without the pressures of the outside world.

"It's a gathering place for different generations," says owner and president Sang Lee.

The complex, which opened last year as one of the only Korean spas in the country, attracts an average of 350 customers per day — and despite the area's large Korean population, almost 50 percent of customers are non-Koreans. Perhaps that's because no matter your ethnic background, Spa World is a deal: it never closes and the $35 entrance ticket is good for 24 consecutive hours (so customers can stay virtually as long as they want).

COURTESY SPA WORLD

Everyone matches for a reason — the orange and yellow tunics are required attire.

They need a fair chunk of that time to explore the entire complex. The name "Spa World" isn't an exaggeration. First stop for visitors: The wet area. There's a large pool with high-powered jets for tense shoulders, backs and feet, a steam room and a scrubbing area, where you (or a hired masseuse) can rub your skin with sandpapery cloths until every dead cell disappears. The bathing area is segregated by sex and everyone's naked — it's mandatory.

Next up is the spa's main room, where customers mingle wearing Spa World-issued shapeless tunics and shorts — women get orange and men don yellow. The room is spotlessly clean and boasts that cherished heated floor. Strewn in the center are mats for sitting or lying, in pairs or groups. Some people read the magazines available for perusing, while others socialize for hours on end.

Off of the central area are the 'poultice rooms': small, sauna-like spaces enhanced with elements that Koreans believe have healthy properties. The salt room is warm but not hot, and is said to be beneficial for the skin and bones. The thermostat in the amethyst room is turned up higher and decorated with hundreds of gems that form a sunburst mosaic; they're supposed to increase energy and balance within the body.

Spa World has still other areas to explore: a gym, a sleeping room and a restaurant serving noodles and dumplings. Snacks aren't included in the entrance fee, but buying them — like other extras, such as massages — is hassle-free. Each customer's locker key is computerized and scanned for purchases, and charges are taken care of at checkout.

"I love it all," says Arlington resident John Anderson, who was on his second visit with his wife. "I could spend twelve hours just going in and out." And many customers certainly do. AMANDA ABRAMS

SKINDEEP

Q I heard the FDA recently approved a prescription treatment that makes eyelashes thicker. Should I try it?

IF YOU WANT LONGER LASHES and are willing to shell out $120 a month, it may be worth your while. Latisse, a follicle stimulator that you paint along the lash line like eyeliner, contains the glaucoma drug bimatoprost, which has the bonus side effect of Bambi-like lashes. After 16 weeks of testing, clinical studies showed that women's lashes were on average 25 percent longer, 106 percent fuller and 18 percent darker. The downside: Lashes return to their original state once you stop using the product, and there are possible side effects, including redness and itching. (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

COURTESY ABC

Doctors don't usually have attractively rugged stubble in the real world, but they do on television programs such as "Grey's Anatomy," above, "House" and "Scrubs."

Dying Is Not as Seen on TV

Your hospital is nothing like the one on 'Scrubs' or 'Grey's Anatomy'

Medical dramas may be entertaining to watch, but you won't learn much about your future hospital visits from what's depicted onscreen. Read below for a dose of reality about doctor-patient relationships, organ donation and why you're probably not going to kick the bucket in one of those thrilling ways actors always seem to.

You're Not Going to Have Sex on Your Deathbed

Dying is not as sexy as it looks on "Grey's Anatomy" or "ER." A real nurse is overworked. She's not wearing that tight uniform for your benefit. Don't push it: You may lose your bedpan or your spleen.

An Intern Won't Save Your Life

You'd better hope an intern isn't the one running your resuscitation attempt or operating on you. Interns — even ones who look like Meredith Grey — are not supposed to manage actual cases.

A Donor Organ Won't Arrive in The Nick of Time

On TV, you get the organ of your choice. In real life, you grow weaker and weaker, you try to buy an organ from someone, or you try to procure one from overseas. You can easily die while waiting.

You May Die of Something Silly

In "House" and other flashy diagnostic shows, it's always the rare blood disorder that kills you, but in your own medical drama, it may be the toothpick you swallowed.

You Could Also Die in the ER

The waiting time in the small-screen ER is short, especially if you're a guest star. Show up at an actual emergency room, and you could wait in an alcove vomiting blood before anyone notices.

Flesh-Eating Bacteria Won't Get You

Sure, just like on "Scrubs," there are some bacteria in the world that can gobble up your skin and threaten your life, but that's why we have antibiotics. And while drug-resistant bacteria are a growing problem in real hospitals, they won't consume you.

You Won't Die Right Away

Clogged arteries can be bypassed again and again, chemotherapy can slow the advance of cancer for months or years, and feeding tubes and respirators are able to do all your eating and breathing for you. It's only on TV that everything is wrapped up between commercials.

A Doctor Won't Deliver a Verdict

Even if you're dying, statistics show that your doctor may not be the one to tell you right away. He may not want you to lose all hope. He may not know how to treat your pain. Doctors are human and flawed. Most of them are not as bold as Ben Casey or as dewy-eyed as McDreamy.

You Won't Come Back From Cardiac Arrest

On an episode of "Grey's Anatomy," Meredith Grey's heart stops beating for more than an hour and her body temperature slips below 90 F, yet she fully recovers. Don't bet on it: Your actual chance of surviving cardiac arrest is less than 18 percent, and brain damage is likely even if you do recover. If you see ghosts like Meredith does, they're probably real.

You May Die Watching TV

Being sedentary leads to being overweight, which affects two-thirds of Americans and endangers their lives in innumerable ways. So, if you want to watch shows depicting illnesses you won't die from, at least do it while exercising. MARC SIEGEL (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

CRITICALCARE

Health Expenses Worth Every Cent

Some penny-pinching in health care spending is fine — go ahead and use store-brand ibuprofen instead of Advil — but other cutbacks are risky. Here are three essential health habits you should definitely continue, plus ideas to make them more affordable.

➜ **TAKE YOUR MEDS AS PRESCRIBED.** Financial worries, like any other stressor, can impair your health, so if you have a chronic condition, don't risk aggravating it by cutting back on medication. Ensuing complications could lead to as much as $2,000 in extra doctor visits annually, according to the National Council on Patient Information and Education. Check your pharmacy for promos: CVS offers 90 days' worth of more than 400 generic meds for just $10.

➜ **REPLACE YOUR CONTACT LENSES ON SCHEDULE.** By wearing lenses longer than recommended, you increase your chances of an allergic reaction and a corneal ulcer — or even losing an eye. That means extra costs to fight infection and multiple doctor visits. Buy four to eight boxes of lenses at a time online — bulk purchases will save you about 20 percent.

➜ **USE SUNSCREEN.** Five or more sunburns across your lifetime doubles your risk of melanoma, which can cost more than $9,700 to treat and increases your risk of other cancers. Americans spend an average of $30 a year on sunscreen — a small price to pay for such protection. "Use about one full shot glass worth of SPF 15 or higher and reapply every few hours," recommends dermatologist Robert W. Walters. AMY LEVIN-EPSTEIN (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

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